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That's why we're launching The Motherboard, where moms like you can tell us what's on your mind.

Throughout the year, members of The Motherboard will be invited to share their opinions on a wide variety of topics—including raising kids, schools, family nutrition, money matters, and more. These findings will help shape the stories we write about in the pages of our magazine and on our website.

As a member of The Motherboard, you'll receive an exclusive free weekly newsletter chock-full of tips, advice, and interesting conversations among moms from across the country, as well as previews for special offers and product samples. Plus, when you sign up, you'll be entered for the chance to win $20,000 in The Motherboard Sweepstakes. See official rules on page 214.

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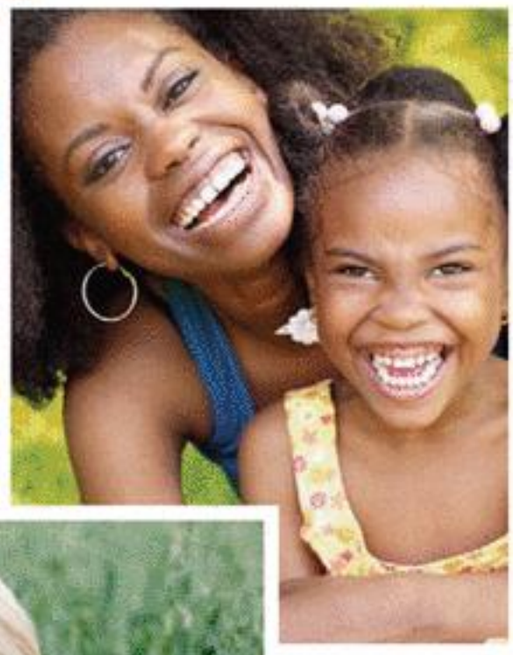
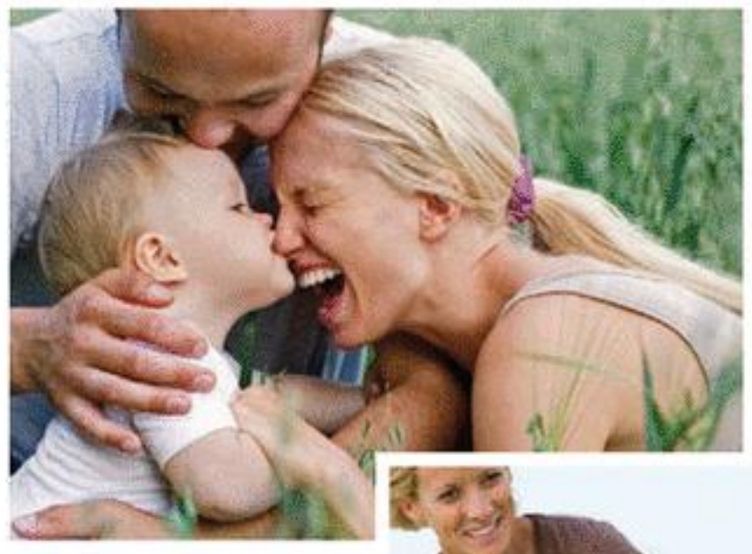
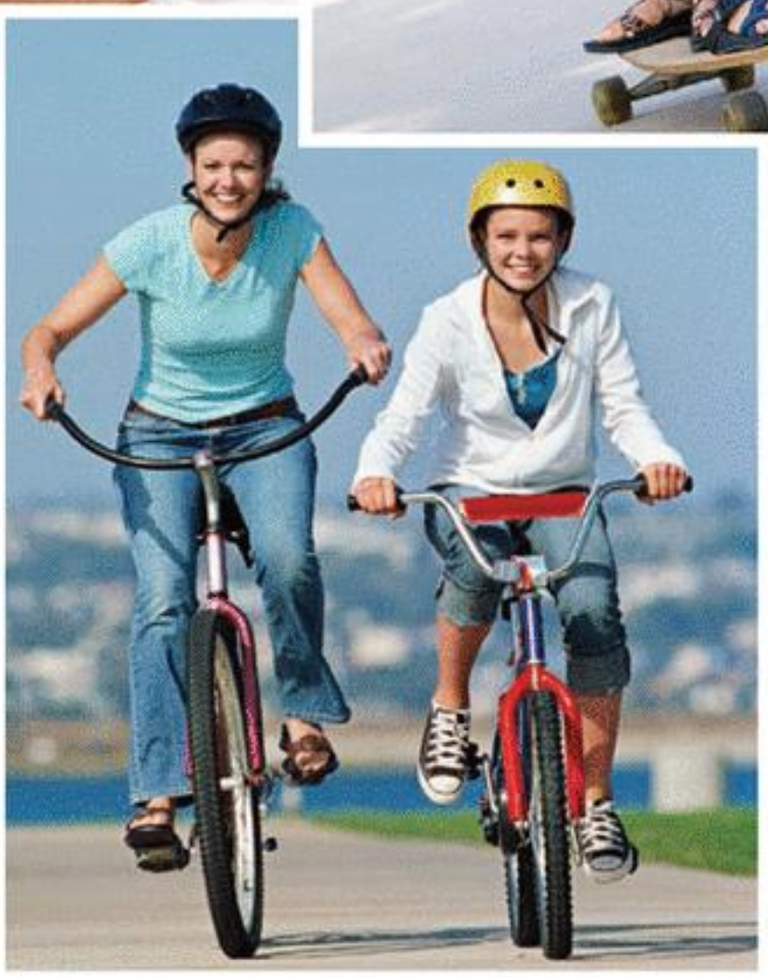
Rachel

Rachel Martin
BHG.COM COMMUNITY EDITOR







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Brighten up shady areas.
Our Q&A guide on *page 100* has solutions for planting under trees, the best perennials, gorgeous groundcovers, and shade-loving flowers.

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letters BETWEEN FRIENDS

For most of my life, I've dreamed of having a house by the water. So far, I've never managed to make it a reality. The closest we've ever come was a small house we lived in a few years back, with a sliver of water view. When—and only when—the leaves were fully off the trees, I could go to the back deck, place a lounge chair just so, and catch a distant glimpse of the Raccoon River turning a bend. It was a nice spot for a quiet moment on a late fall afternoon—as long as I didn't move the chair. But it didn't deliver a true waterfront experience. That's still a someday dream.

Most of us have "someday" dreams, I suspect, and perhaps that's why I'm so captivated by this month's feature, "Gone Fishin'" on *page 72*. It's a story about four families who made their interest in waterfront living come to fruition in a highly original way. While on a summer outing, and quite by accident, they came upon a long-defunct fish camp with a motley lineup of shacks where fishermen once bunked. Most people would have passed right by it, but not them. Fast-forward to their happy ending: a flat-out-charming summer camp just for their families, complete with communal dining lodge, dock, and a lifetime of sunsets by the water. The sign at the front gate lists their names, but it may as well read Memories Made Here.

Admittedly, it's a large project, probably larger in scale than you or I will ever try. But we can all use a good inspirational story now and then. And what I like about this one is that it's all about seeing the possibilities: The accidental discovery. The vision of what it could be. The repurposing of something old into something new and smart. Those are concepts that *Better Homes and Gardens* readers know and love well, whether it's an everyday project or a someday dream.

I may not have my house by the water right now, but I've found plenty of outlets for my beach yearnings: outings with the kayak, the display of seashells (collected, not bought) on my dining room table, or just a tall iced coffee on the deck. There's no water view— but a full-summer garden and a green backwoods make a pretty good stand-in.

If you've got a great story of making a someday dream a reality, please share at the address below.

Gayle Goodson Butler, Editor in Chief

Just Peachy Sweet corn and fresh tomatoes have their fans, but to this Southern girl, nothing tastes like summer as much as a fresh, tree-ripened peach. As a fruit to eat by hand, they're famously delicious. As an ingredient for easy summer dinners, surprisingly versatile, as you'll see in "50 Ways to Eat a Peach," *page 135*. Enjoy!—*Gayle*

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letters CONNECTING

"The sea green paint colors in the June magazine were an oasis to my eyes. Each shade works perfectly with other light neutrals. My master bath is painted in similar shades, but honestly, I want to paint my entire house in those colors!"

Rhianwen Stefani, Hudson Valley, NY

I loved what your new contributing editor, Elaine Griffin, did with the bedroom in the piece called "My Space" in the June issue.

Gina Kelley, Kansas City, MO

During an afternoon with my friends, the discussion turned to how many bedroom suites each had owned. Since all had been married for many years, they were talking about their fourth and fifth suite! After 54 years of marriage I have yet to purchase my first "bedroom suite." The furnishings in my home are not only unmatched and mixed finishes but mixed generations. Many of the pieces come "preloved." And so I want to say a big thank-you to designer Elaine Griffin and BHG for declaring the furnishings in my home as "contemporary."

Betty Fronefield, Huntsville, AL

I'm always happy when I see pieces in your magazine about small spaces. My husband and I live in a three-bedroom house that is 940 square feet. While it's just the two of us, sometimes it's hard making our little house not feel cramped. Keep up the good work, and thanks for not forgetting us little guys!

Shelley Perrin

Thanks, Shelley. And please check out "3 Space-Smart, Splashy Baths" on page 56 of this issue. It's filled with remodeling and decorating ideas for smaller baths.

Since I live in a townhome, I'm always interested in container planting. I loved the "Easy Container Gardening" article by Eric Liskey in the May issue. (However, it should be noted that the New Zealand flax and the cannas can get very big and wide.)

Helen Dillingham, Stevenson Ranch, CA

After reading "Trying Eyes" (May), I had to write. I disagree with the writer's take on how to react and "get used to" the teen eye-roll. As a parent of four, and a fifth-grade teacher, the eye-roll in certain situations can be very disrespectful and should be treated as such. You can psychoanalyze it all you want, but there are certain behaviors that are considered rude and disrespectful.

J. Driscoll, North Andover, MA

When my now-22-year-old was a tween, she developed the eye-rolling habit practically overnight. Rather than be hurt or angry, I egged her on. "Give me the whole routine: eye-rolling, heavy sigh, crossed arms. If you're going to do it, do it right!" She didn't always smile, but it always defused the situation. It just didn't get her anywhere, and she soon gave it up.

Mary Ann McKay, Naples, FL

Thanks for encouraging readers to share their savory tofu dishes in the Prize Tested Recipes feature in the April issue. As the delicious winning recipes show, tofu is an infinitely versatile alternative to meat, eggs, and even dairy products. The Herbed Tofu Cakes were a big hit with my meat-eating friends.

Lindsay Pollard-Post, Holland, MI

The All-American Classic Meat Loaf recipe in the March issue ("Thoroughly Modern Meat Loaf") was one of the best my husband and I have ever eaten. I baked it in a baking dish instead of using a 9×5×3 pan. It was so moist! The topping of parsley, green onions, and black pepper made it even better.

Glenda Gosztyla

Ecstatic is how I felt while reading through your summer grilling recipes in the June 2010 issue! My favorite was the barbecued salmon with corn relish—I might just cook it twice for dinner this week. Keep the summer food coming!

Kathryn Przybyla

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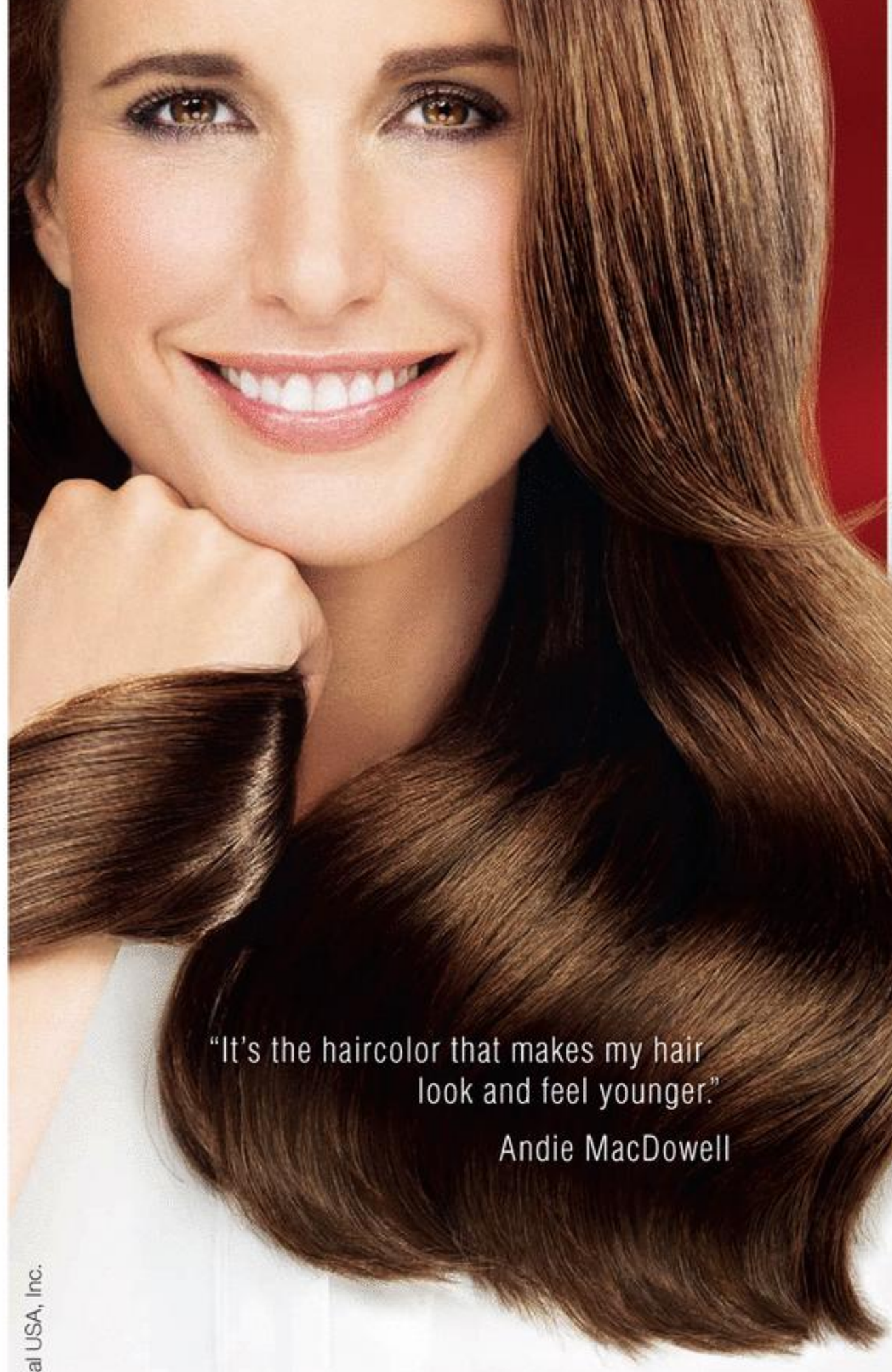

"It's the haircolor that makes my hair look and feel younger."
Andie MacDowell

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fresh

Chill Factor

Unwind along with the last sweet days of summer. A playful escape outside, a relaxing read, a cool drink—*ahh* moments are always close at hand.

Produced by KELLY RYAN KEGANS and JESSICA THOMAS

things to do this month...

1

PETAL ON When your late-summer blooms fade, save the seeds to plant this fall. Perennial sunflowers, black-eyed Susans, and coneflowers are among the easiest flowers from which to collect seeds. For tips on harvesting seeds, visit *BHG.com/seedsaving*.

JUMP START Need a little motivation to finally clean out the garage? (Yes, the car *will* fit in there.) Turn your cast-offs into pocket change on August 14, National Garage Sale Day. Then, with the clutter cleared, get über-organized—check out the storage system on page 66.

3

PIECE IN SOME QUIET On August 15 (National Relaxation Day), find a peaceful spot and pursue the sound of silence. "Silence strengthens our powers of attention ... and helps our brains grow," says George Prochnik, author of *In Pursuit of Silence: Listening for Meaning in a World of Noise*. Sounds good to us!

2

COOL DOWN Keep frozen drinks cold longer by blending the ingredients *before* adding ice, says "liquid chef" Kim Hassarud, who creates cocktails for resort hotels worldwide. Try Kim's Frozen Mojito, from her new book, *101 Blender Drinks*. Combine 5–6 mint leaves, 1 ounce lime juice, 1 tablespoon sugar, and 1¼ ounces of light rum *without* ice for 4–5 seconds. Add 3–4 ice cubes and blend until smooth. Garnish with a mint sprig.

4

INDISPENSABLE: PATIO SEATING

This snazzy, weather-tolerant foldup chair sits ready to fill your summer requirements—sun, fun, rest, and relaxation. All you have to do is pop a tiny umbrella in your drink. Five-Position Chair (Kiev print), $60; *worldmarket.com*

PHOTO (CHAIR): MARTY BALDWIN; CONTRIBUTOR: SALLY FINDER

How do I soothe a sunburn—fast?

For a minor sunburn, look no further than your fridge for this solution. Dilute skim milk with water (1:1 ratio) and apply it to the burn for relief. Another option is over-the-counter hydrocortisone cream—try chilling it before you put it on for some extra-cool relief.

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*On average, 10 years back to the look of your skin based on diminished appearance of wrinkles after 12 weeks use in clinical testing. ©RoC 2010

good reads

Whether your feet are planted in the sand near the ocean or you're dipping your toes at the neighborhood pool, it's that time of year—lose yourself in a beach read.

Fly Away Home Jennifer Weiner blends heartbreak and humor in this story of a mother and two daughters who, after a lifetime of living apart, find refuge in one another.

Cakewalk A sweet tooth and a generous spirit infuse this delicious memoir by Kate Moses (with dessert recipes).

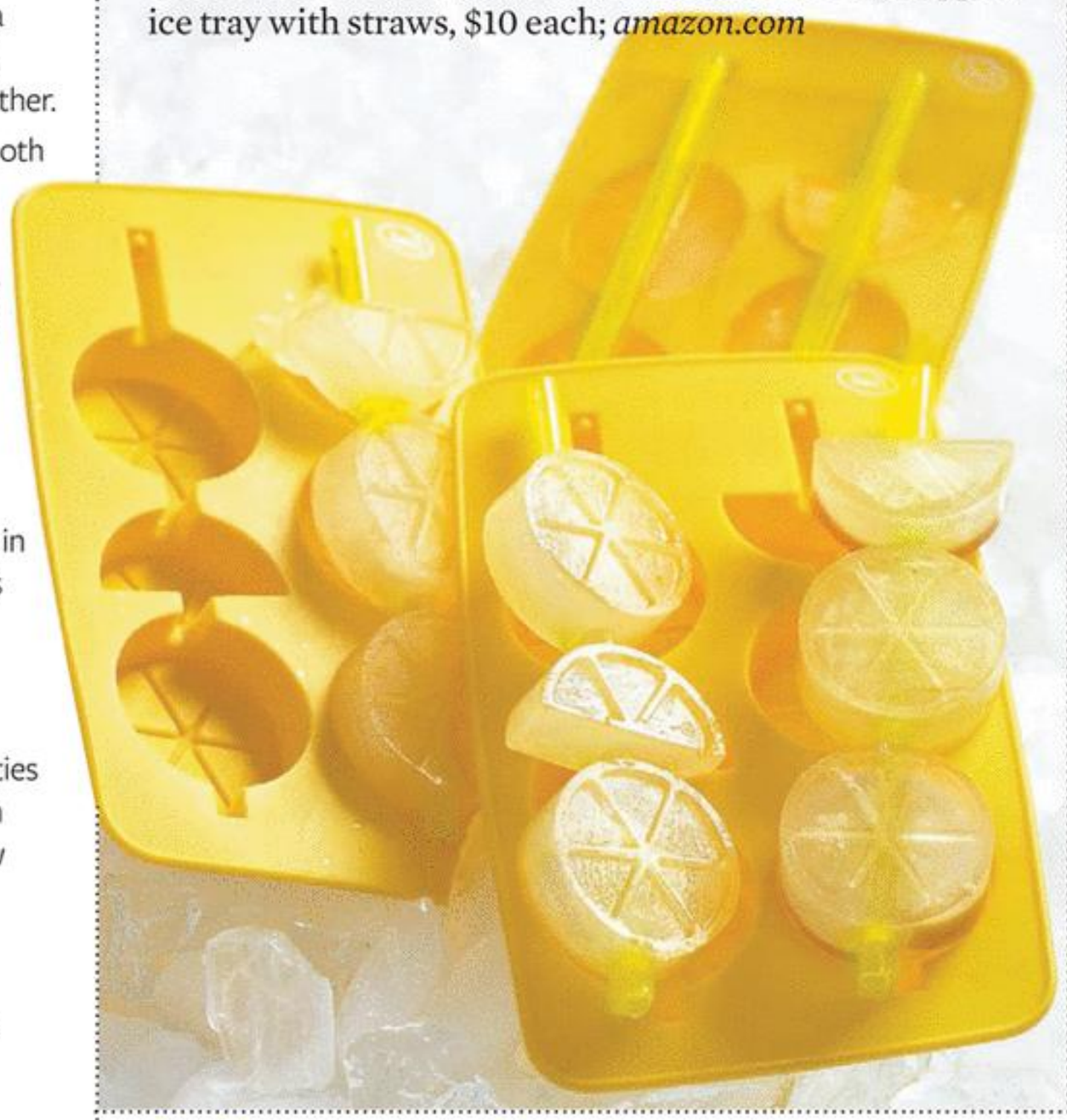
Beachcombers Three sisters who grew up living apart reunite during a summer in Nantucket in author Nancy Thayer's latest novel.

With Friends Like These Sally Koslow explores the complexities of female friendship in this novel of four New York City women grappling with jobs, marriage, and motherhood over the span of 20 years.

The Lake Shore Limited Author Sue Miller orchestrates an intimate, powerful story about a quartet of characters, including an older sister and a playwright girlfriend, who adjust to life after a loved one's death on 9/11.

SIP INTO SOMETHING COMFORTABLE

Give summer drinks a little extra zest: Just add grated lemon rind to ice trays when you fill them. Citrus Sippers ice tray with straws, $10 each; *amazon.com*



NOTE-IT

It's been 30 years since little yellow sticky notes entered our lives. So get ready for the world's largest billboard made entirely of Post-its, coming August 3 to Grand Central Station in NYC (*post-it.com/billboard*). And to mark the date: Post-it's new Flag Pen/Highlighters—to jot a note, highlight a section, or flag a page—$6.50 (3-pack); at office stores nationwide.

blogged...

SUMMEROLOGY.BLOGSPOT.COM

Suzanne Brown, who blogs about all things summer and proudly wears her flip-flops into fall, will slip outside at 3 a.m. on August 13 to watch the Perseid meteor shower. Catch a glimpse of the annual event yourself and see the light show in the north sky.

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PICK OF THE MONTH

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PHOTO: MARTY BALDWIN; MARKET EDITOR: JENNIFER CONDON

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WATER YOUR BODY

If your highly active lifestyle leaves you feeling tired, you may need to hydrate. Why not do so, deliciously? Women who drink Crystal Light drink 20% more water.*

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Water Your Body.

*Based on Kantar Worldpanel Beverage Panel data comparing consumption of tap, bottled, flavored water and prepared powdered beverages

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instant classic

Old-school cool is back (along with no-wait, hold-in-your-hands photos), thanks to a new breed of point-and-print cameras.

POLAROID 300 Two years ago, Polaroid stopped producing the cameras that were synonomous with almost-instant photo prints. Since then, shutterbugs worldwide have lamented their demise. But complain no more. This summer, Polaroid unveiled a new instant film camera, *left*. $90 (10-print film pack, $10); *polaroid.com*

FUJIFILM INSTAX MINI 25 This instant film camera, *above,* is smaller than its Polaroid counterpart but delivers similar results. It comes with a close-up lens and, like the Polaroid, offers several exposure modes and an automatic flash. The Mini 25 also features a mirror on the front for self-portraits. $95 (20-print film packs, $14); *fujifilmusa.com*

Clothbound albums store up to 64 instant prints (either Polaroid or Fuji). Polaroid Mini Album (available in 12 colors), $34 each; *zulio .com*. Reader discount: 20 percent off with promo code "BHG."

BY SUZANNE KANTRA; PHOTOS (BLUE CAMERA, PHOTO ALBUMS) ANDY LYONS; (WHITE CAMERA) MARTY BALDWIN

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illiam de Ryk

What just happened?"

Mitra Pai

"Don't do anything I wouldn't do."

Taylor Herr

"This is just the beginning."

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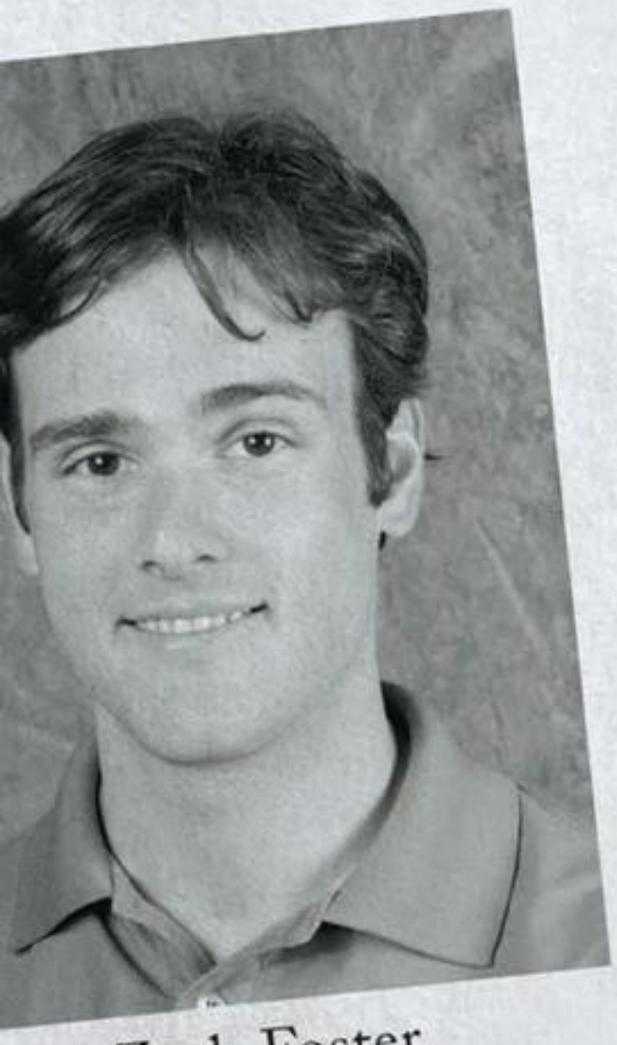

Zach Foster

"It's been real."

Jeffrey R-5000

$$\min_{u \in U(x)} \left\{ l(x,u) + \sum_{i=1}^{n} \frac{\partial G^*}{\partial x_i} f_i(x,u) \right\} = 0$$

Tammy Nguyen

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flat out fun

Here's an easy party: You provide the flatbreads and toppers, guests build their own dinner. Stylemaker Annette Joseph shows how to set a casual scene and keep your cool.

by OMA BLAISE FORD produced by ANNETTE JOSEPH

PHOTO: ROB BRINSON

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SELF-SERVE Create a help-yourself station for guests to top their own flatbread pizzas to grill or bake. "The idea behind the DIY party is ease for the host and the guests," says stylist and entertaining expert Annette Joseph. Suggest "recipes" by grouping bowls of toppings, such as this farmer's-market-inspired collection of basil pesto, fresh corn, zucchini, yellow pepper, and roasted chicken. Store-bought flatbreads make prep even easier. (Follow package instructions for baking.)

PHOTO: BLAINE MOATS; STYLING: JESSICA THOMAS; FOOD STYLING: GREG LUNA

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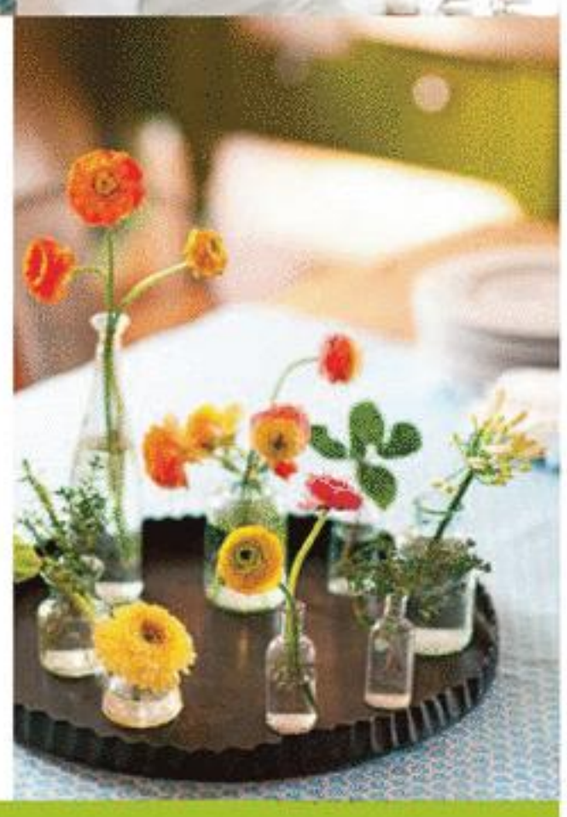
fresh LIVING

"A make-your-own-dinner party is a great way to get people to interact. I love it for gatherings where the guests don't know each other well."

ANNETTE JOSEPH

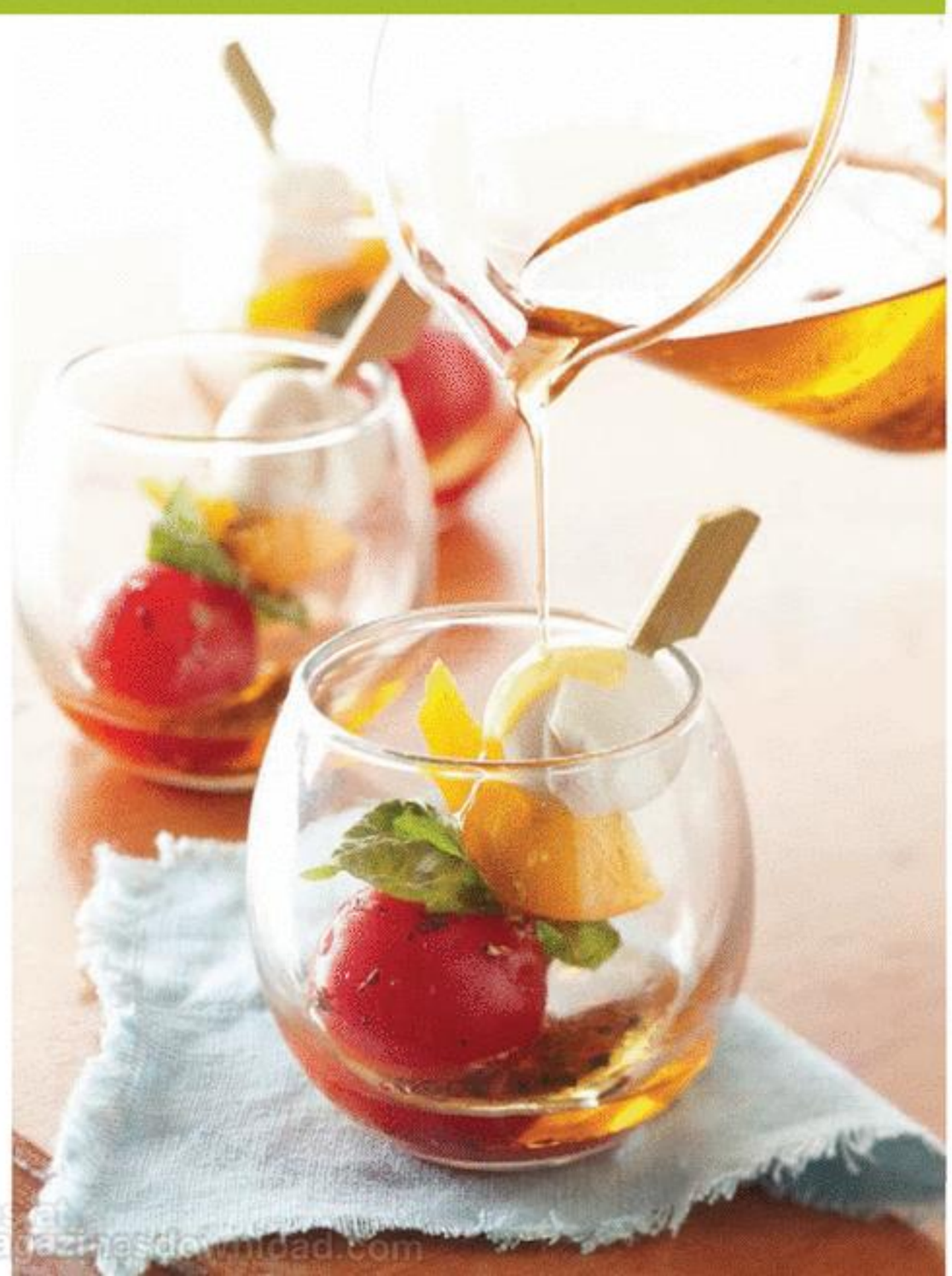


WRITE STUFF Easy handwritten invitations, *above*, make a casual gathering special. These are made with purchased scalloped cards, oversize stickers, and a chalk-ink marker. 4-inch round labels; **paper-source.com**

ROLL WITH IT A couple of yards of inexpensive cotton fabric make a quick summer tablecloth. Use pinking shears to cut strips of the same fabric for napkin ties, *above center*. Absolutely Cotton "Blue Flower," $6.99/yard; **hancockfabrics.com**

TART IT UP An old metal tart pan anchors a centerpiece of mismatched bottles filled with flower stems and herb sprigs.

BITE-SIZE Since guests will cook their own meal, provide an easy-to-grab appetizer that you can put together before they arrive, *right*. Load appetizer picks with mini mozzarella balls, chunks of yellow bell pepper, basil, and cherry tomatoes, then drizzle with a readymade flavored dipping oil. Glass votive holders, $1 each; **worldmarket.com**



(PORTRAIT, TABLE) PHOTOS: ROB BRINSON. (INVITATION, APPETIZER) PHOTOS: BLAINE MOATS; STYLING: JESSICA THOMAS; FOOD STYLING: GREG LUNA

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LATISSE® is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker. Eyelash hypotrichosis is another name for having inadequate or not enough eyelashes.

Important Safety Information:
If you are using, or have used, prescription products for any eye pressure problems, only use LATISSE® under close doctor care. Although not seen in LATISSE® clinical studies, may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in other skin areas that LATISSE® solution frequently touches. If you develop or experience any eye problems or have eye surgery, consult your doctor immediately about continued use of LATISSE®. The most common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-888-541-0780 for more information.

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PATIENT INFORMATION
LATISSE® ***(la teece)*** (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?
Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is LATISSE® solution?
LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take LATISSE®?
Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with LATISSE® use?
LATISSE® solution is intended for **use on the skin of the upper eyelid margins at the base of the eyelashes.** Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using LATISSE®?
You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get LATISSE® in my eye?
LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of LATISSE®?
The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using LATISSE®?
If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use LATISSE®?
LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.

ILLUSTRATION 1

ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about LATISSE®
Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in LATISSE®?
Active ingredient: bimatoprost
Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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Cedar shingles and white trim give Marena and Jim Padden's ranch the beach house look they love. A new transom window and sidelights flood the foyer with light.

great wide open

WALLS CAME DOWN AND FAMILY TIME WENT UP WHEN THIS CALIFORNIA CLAN REMODELED ITS '50S RANCH.

by AMY PANOS photos EDMUND BARR produced by ANDREA CAUGHEY
styling CHAR HATCH LANGOS

"This is not a fancy house," says Marena Padden. "I never wanted it to be a model home."

Maybe not, but the refreshed ranch she shares with her husband, Jim, and their three kids is a model of one thing: togetherness. Its open floor plan means Marena can fix snacks in the kitchen while one kid does homework at the dining table, another reads on the sofa, and a third plays in the yard—everybody with in earshot, nobody crowded. But that wasn't always the case.

Originally, the 1950s house was carved into several tiny, low-ceilinged rooms. When you walked in the front door, a huge stone fireplace stared you in the face. Cooking was a solitary chore in the walled-off kitchen, with the chef shuttling food to the dining room via a narrow doorway. "It was a dump," Marena says, "but my husband had the vision that we could open it all up."

No doubt Jim was thinking of visits to a friend's beach house on Nantucket, where the two families would hang out together in the home's great room, each person doing his or her own thing but still part of the group. "We fell in love with that idea," Marena says.

A six-month remodel dissolved divisions between the living room, kitchen, and dining area, making half of the house essentially one big room. Almost every nonload-bearing wall in that half came down, along with the imposing fireplace. Windows and skylights were added. Ceilings were raised, peaked, and covered in tongue-and-groove paneling, a nod to Nantucket.

All told, the Paddens added 800 square feet, gaining a spacious foyer, a sitting area and walk-in closet in the master, and a window-lined dining nook that's all about bringing people together. The banquette at one end of the 9½-foot table is cozy for family meals, but for a holiday dinner, Marena can seat 10 more people around the rest of the table. "I like to stuff people together so they can really have a conversation," she says. "You just make sure you put the person who's not going to help with the dishes in the corner!"

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Access to the backyard and pool is from the living room—via an extra-wide slider that's always open—so Marena chose sturdy woven rugs and indoor-outdoor upholstery fabric for this high-traffic space. Relocating the fireplace from a front wall to the back corner made furniture arranging easier. Now the seating area has views of both the fireplace and outdoors. Putting pairs of chairs, rather than big upholstered pieces, opposite the sofas sets the room up for conversation without blocking views or traffic flow.

"Our priority was to create a family-friendly house where everyone is involved and a part of the daily activities. We wanted it super comfortable so the kids' friends could come over, hang out, put their feet up on the couches."

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This photo: The round table in the front of the great room delineates an entry, directs traffic, and makes a handy spot to drop keys and mail. "I wanted it to feel welcoming, like a hotel," says Marena. *Opposite top right:* Marena with Charlie, 12; Leah, 9; and Trudy, 11. *Opposite top left:* The pillow-packed banquette at one end of the dining table is a popular homework spot. *Opposite bottom:* The new kitchen island looks out on the foyer and living room. The short stretch of wall with the mirror is load-bearing, so it had to stay.

Opposite: Jim and Marena wonder whether they made their master suite, with its new sitting area, *too* comfortable. "We'd like it to be a grown-ups-only retreat, but the kids keep coming in!" says Marena. *Top left:* The girls' bathroom is furnished in contrasting textures—stone floor, subway tile, and beaded-board vanity—all in white so they harmonize. *Left*: The kids picked out the furnishings for their rooms. "That's their turf," Marena says. "It doesn't have to be perfect. Good enough is good for me." *Above right:* Benches with cushions in hard-wearing outdoor fabric rim the patio, giving the kids and friends plenty of places to flop.

For buying information see page 213.

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SMALL STROKES

SNOW PEA

Let your daring side take a front seat: Paint rocking chairs this hue and line them up on the porch. Lucky Clover 6005-8B; **valspar.com**

MEDIUM STROKES

SPINACH

Turn a wall into a look-at-me study with a coat of green, a desk, and a few wall shelves. Scotland Isle 410-D; **behr.com**

BROAD STROKES

SCALLION

A luxe-looking mate for ebony- or espresso-finish furniture. Veranda View 541; **benjaminmoore.com**

BROAD STROKES

CUCUMBER

An all-over favorite, this pale color will sing with coral accents. Sensuous Pear BHG705; **bhglivebetter.com**

SMALL STROKES

ASPARAGUS

For a welcome surprise, use this on the inside of your front closet. Summer Interlude B31-5; **acehardware.com**

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An important vaccination schedule update for children 15 months to 5 years of age.

Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.

Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.

The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*

*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]), or any diphtheria toxoid–containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

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IMPORTANT FACTS

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- ***Catch-up Schedule:*** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid–containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Prevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

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green zone

If you're looking for the middle ground between brazen and blah, market-inspired greens hit the sweet spot, says L.A.-based designer Kishani Perera. "These greens are bold without being obnoxious." She shares three ways to green-light your next painting project.

LOCATION MATTERS "In places where there isn't a lot of light—like Seattle—don't go with grayed-down colors. I choose ones that have a little more white," says Perera. "Moody" gray-greens hold up well in sunnier locales.

BIG PICTURE Celery green is a natural for all over; pick one with some yellow in it so it doesn't come off as a juvenile mint green, says Perera. And don't ignore the ceiling—she uses either white or a 50/50 mix of white with the wall color.

MYTH BUSTING "People are nervous to put dark colors in small rooms. But they don't make the room seem smaller—they just make them darker," Perera says. Use mercury glass and mirrored lamps to make the room less cave-like.

PHOTOS: (PORTRAIT) BECKY SAPP/HEADSPACE PHOTOGRAPHY; (ROOM) JAMES YOCHUM

For buying information see page 213.

"Market greens nicely accomplish being traditional but still hip," says designer Kishani Perera.

Camilla square toss pillow and standard sham, $40 each **bedbathandbeyond.com** Decorative Glass Bell Pendant Shade, $144 **walmart.com** Birds on Tree doormat, $34 **wisteria.com** Lacquered Glass Greens dishware in lime and apple green, from $15 **designersguild.com**

seeing the light

A sunroom begs the question: Is it an indoor or outdoor space? Designer Elaine Griffin shows how to make the two worlds jell (and let summer linger).

by **JODY GARLOCK** photos **JOHN BESSLER**
produced by **ELAINE GRIFFIN**

CALMED DOWN Tropical color says summer, but it shouldn't be in your face. Elaine flipped the original scheme—turquoise is now an accent and a linen color stars on the walls. Vivan curtains, **ikea.com**; curtain rods, matchstick blinds, Harbor Breeze ceiling fan, **lowes.com**; sideboard, **csnstores.com**; pressed flowers, **naturespressed.com**

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Visit **www.bhgrealestate.com/powerofcolor** to watch the videos.

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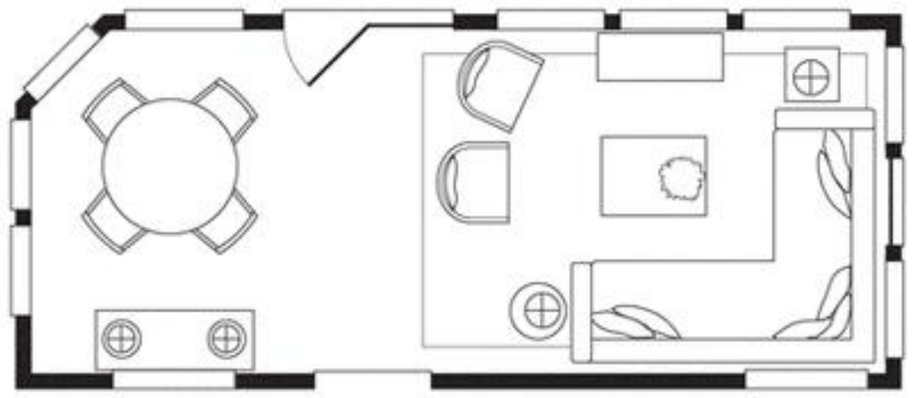

"Painting trim the same color as the wall allows what's on the other side of the window to shine." **ELAINE GRIFFIN**

BALANCING ACT Blend indoor furniture with outdoor pieces to get the best of both worlds—comfort and casualness. Elaine cozied up the sitting area with carpet she had cut to fit (ask to have the edges bound), table lamps, and a sofa. With a piece of fabric over it, the neutral sofa changes with the seasons. Stainmaster carpeting, **lowes.com**; Karlstad corner sofa, **ikea.com**; coffee table and lamps, **lampsplus.com**; steel side table, **csnstores.com**; Kravet fabrics, **kravet.com**

RELAXED FIT A narrow room means getting creative with furniture. Placed side by side and topped with cushions, two storage boxes become a bench that's shallow enough to keep the walkway clear, *left*. Alve storage benches, **ikea.com**; Highcroft rattan chairs, **lowes.com**

For buying information see page 213.

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bring it home

Breezy summer style comes easy with a few smart suggestions from Elaine. Adapt them for your sunroom—or any space in need of lightening up.

1 OUTSIDE IN Bring nature inside, literally, by pulling long-lasting foliage from your backyard. The look is striking, as these simple arrangements of broad hosta leaves in inexpensive vases and tumblers prove.

2 BEAUTY UNDERFOOT "Sunrooms definitely need area rugs to warm them just like every other room does." Look for indoor/outdoor options that are super easy to clean and that add color. Florin 5′×8′ rug, $328; **outdoor rugsonly.com**

3 HIGH CONTRAST "Nothing beats a mix of materials and finishes. Think rattan, metal, wrought iron, wood, plus fabric all in the same room." Majby chair, $80, **ikea.com**; Valencia Medallion, Awning Stripe, and Solid pillows in Silver Sage, $32 each; **restorationhardware.com**

4 FORM AND FUNCTION "Decide what your sunroom needs to do for you." Pick furniture to match your needs, then use it creatively. Park this bar cart next to the sofa as a side table, then pull it out for entertaining. Barrow bar cart, $199, **westelm.com**

MARKET EDITOR: JENNIFER CONDON

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My asthma... under control with the help of SYMBICORT.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.

SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most controller medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta$_2$-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA.

SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com.

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(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta$_2$-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta$_2$-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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Tight-fit spaces *can* have storage and look great. Space-saving built-ins, room-expanding mirrors, and eye-catching accessories can make a little seem like a lot.

by **JODY GARLOCK**

PHOTO: MARTY BALDWIN; STYLING: HEATHER HARDT

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OREO

Milk's Favorite Summer Dip.

POWER SHOWER
Multicolor tiles that protect water-prone walls create an unbroken canvas that visually expands Mike and Jackie Dinkins' bath. A curved bar brings the curtain out slightly from the tub, making the shower more spacious when the curtain is closed.

PHOTOS: BOB GREENSPAN; PRODUCED BY SUSAN ANDREWS

1 squeeze play A sophisticated, upbeat redo gives this couple a bit more room to groom.

When you live in a one-bath house, as Mike and Jackie Dinkins do, jockeying for space in front of the sink is simply part of the morning grind. "We tease each other and say, 'Hey, why don't you use the other bathroom?'" Mike says. These days, the joking is easier to take. The bath in their 1930s Kansas home is still small, but newly remodeled, it has more elbowroom. "Our goal was to make something functional and long-lasting—that looks as big as possible," Mike says.

Space-stretching moves came by first swapping the location of the toilet and bulky sink cabinet that butted up to the shower. Now the most-used part of the room is less congested. The compact open vanity Mike built also brings a visual lightness, although it meant giving up storage space. The solution: Mine wall space with a built-in cabinet on the room's entry wall. "We call it our giant medicine chest," Mike says. Other space enhancers are more subtle, such as the 3×4-foot mirror and the light bar that span the wall above the sink and toilet. Now, it's easier for Mike and Jackie to double up when they're getting ready.

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indoors **BATHS**

TAKE A STAND To make the most of the compact vanity, *right*, Mike angled the faucet in the corner, offset the sink, and attached a towel bar to the underside. He used the wall as a space-saving second support.

BUILT-IN BONUS Ribbed glass keeps the maple recessed cabinet, *below*, from looking massive. "The depth of the cabinet is actually the depth of a roll of toilet paper," Mike says. A pocket door replaced the room's traditional swing door.

Smart Tricks for Tight Spaces

Visit BHG.com/smallbathrooms for other baths with more style than square footage. Discover ways to tuck in handy storage, dress up a bland bath, and make better use of the space you have.

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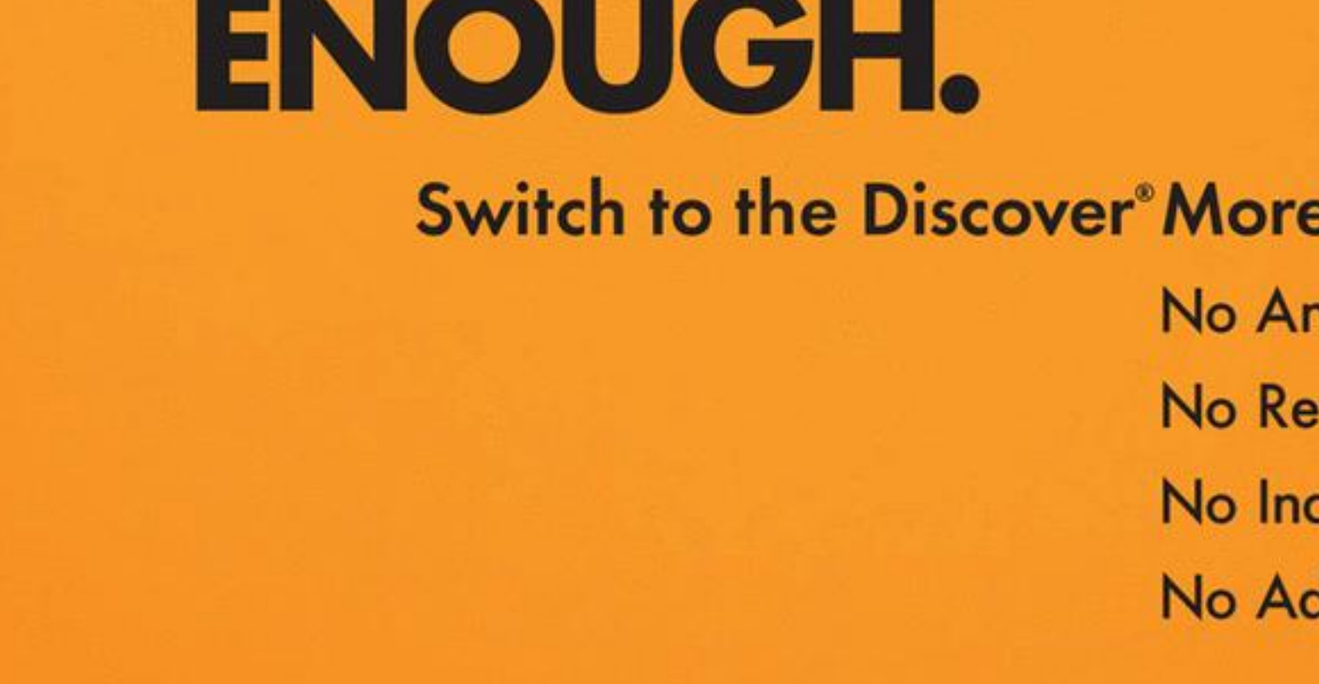

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2 sunny side Awash in white, this revamped bath welcomes bright color and a few fun touches.

When space is tight, it's easy to get hung up on function and forget about style. But not in this bath. The 5×8-foot room, located in a 1928 cottage, dresses the part. It's a cottage classic, with beaded board on the walls, subway shower tiles, and hexagonal floor tiles. Yet it's still fresh and modern—not formulaic. Instead of a boxy sink cabinet, chrome tubing and fittings topped with a limestone remnant form a sleek, open vanity. Yellow-painted upper walls and room-softening fabrics add high-contrast punch, ensuring that the formerly dingy room always shows its sunny side.

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instant summer!
SUNNY COLOR ON THE WALL—TRY BEHR'S "HAVANA CREAM"

BRIGHT SPOTS A damask-print shower curtain and a window treatment made from a shower curtain dress up this hardworking bath, *opposite*. Trim details—including a paneled tub surround and a crown molding ledge on the mirror—add architectural interest.

HIDDEN POTENTIAL A hook on the door and a tall cabinet built between wall studs, *far left*, stretch storage and preserve the room's square footage. The cabinet's beaded-board door, *left*, blends in with the wainscoting.

PHOTOS: GREG SCHEIDEMANN; STYLING: STACEY WILLEY

Helps erase odors

New Always Dri-Liners Plus+ help eliminate odors — and worries. With patented Odor-Lock™ technology, they continuously absorb and neutralize odors.

Odor-Lock

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COVER UP A cotton skirt (attached with Velcro) wraps the pedestal sink, *left*, for an old-fashioned look that also provides space for a cleaning bucket. Sconce shades embellished with shells and a mirror with a weathered frame add decorative appeal. "It really is a pretty room, not just a bathroom," Gretchen says.

BY THE SEA Marine-theme wallpaper, beaded board, and starfish-shape knobs on the built-in, *below*, play up the room's underlying beach theme.

3 character builder These homeowners took their design cues from the past to give their new bath an old soul.

Gretchen Price loves the charm of old homes, but not the upkeep and tight storage that come with them. So when she and her husband, Jason, built their new Massachusetts house, it was a chance for them to get the best of both worlds. "It looks old, but it's new, clean, and full of storage," Gretchen says.

Their powder room has the nooks and crannies of an old house, with a bumped-out ledge behind the pedestal sink and a cabinet recessed into the wall. Beyond hiding the usual bath fare, these built-ins have even been used to temporarily stow kids' crafts projects. Gretchen is glad she heeded friends' advice: "Everybody told me to plan for more storage than I thought I'd need—to get it every place I could."

PHOTOS: MICHAEL PARTENIO; PRODUCED BY STACY KUNSTEL

For buying information see page 213.

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Janet D., Mt. Vernon, WA

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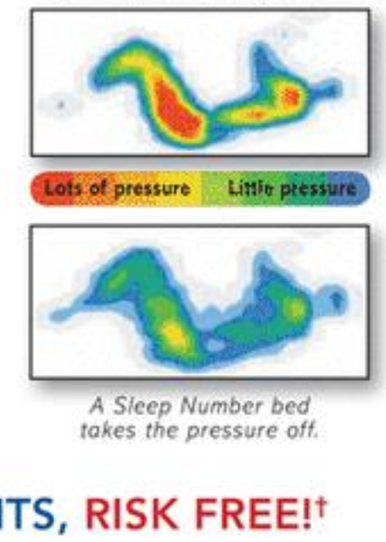

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*Descriptions of clinical studies conducted on the Sleep Number® bed are available at 1-800-831-1211.
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‡Restrictions apply. See savings card for details and expiration date.
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store room

Want to find storage space you never knew you had? Take a peek in your garage. Those walls are just waiting to show you what they can do.

by **AMY PANOS** photos **ADAM ALBRIGHT**
produced by **PAMELA PORTER**

WALLS THAT WORK

Even if you don't have time to reorganize your whole garage, setting up one wall for storing the items you use most can make a big difference. Turn the page to see how we fit storage for bulk supplies, car care, cleaning, and recycling along an 8-foot stretch of wall.

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RECYCLING CENTER Hang a cabinet to collect items you want to recycle but can't throw in your curbside bin, which tucks neatly below. Post your town's recycling schedule and guidelines on the front of the cabinet.

CLEANING & AUTO CARE Stock car-care items on a rolling cart you can push right to your vehicle. Use the wall space above it to store a handheld vacuum plus mops and brooms. Tuffy cart, $140, **luxortoolcarts.com**

BULK STORAGE A sturdy metal shelving unit keeps supplies organized and in view. Shelve supplies by category (paper products, cleaning supplies, beverages) with the heaviest items on the bottom. Seville shelf unit, $100, Target

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someone who's **got** what you've got is out doing what you're **not**

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms—help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the following page and discuss it with your doctor.
To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR®
(MONTELUKAST SODIUM)

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Enroll now in the Asthma Information Resource (A.I.R.) Program. Learn ways to help manage your asthma.

Eligible patients may also **save money** on prescriptions for SINGULAIR.* Go to **AIRforasthma.com** to enroll now and start receiving asthma information today. As a member of the A.I.R. Program, you'll have access to helpful tips on:

- Getting the most out of your doctor appointment
- Understanding asthma
- How to recognize things that can trigger an attack
- How to be active with asthma
- **Money-saving** offers for eligible patients*

This is not a coupon.

*Not all patients are eligible. Restrictions apply. See terms and conditions at AIRforasthma.com.

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Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.
   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

Issued August 2009

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Snap-on basket, $30, Large snap-on hooks, $8 for 4; organize.com

HANGING RAIL SYSTEM Hang even heavy items wherever you want, not just at a wall stud, using a rail system. Accessories such as cabinets, *above left*, and hooks designed for long-handled tools and extension cords, *above right*, hang from the rail. Rubbermaid FastTrack hang rail, $20 for 7 feet; Cabinet, $110; Handle hooks, $10; Utility hook, $7; Home Depot

SPECIAL RECYCLABLES Designate a spot—a high cabinet is good if you have small kids—for things like oil-base paint, batteries, and CFL bulbs to wait for their trip to the recycling or disposal site. (To find one near you, enter your zip code at *earth911.com*.)

FACT: One bacteria brought home today could grow to 8 million by tomorrow.

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GONE FISHIN'

In the tiny town of St. Joseph, Louisiana, lies an enormous lake where generations have celebrated summertime. Here's the story of four couples who fell for Lake Bruin—and reinvented an abandoned fishing camp as a retreat for their families.

by PAIGE PORTER FISCHER photos ROB BRINSON produced by JENNY O'CONNOR styling ANNETTE JOSEPH

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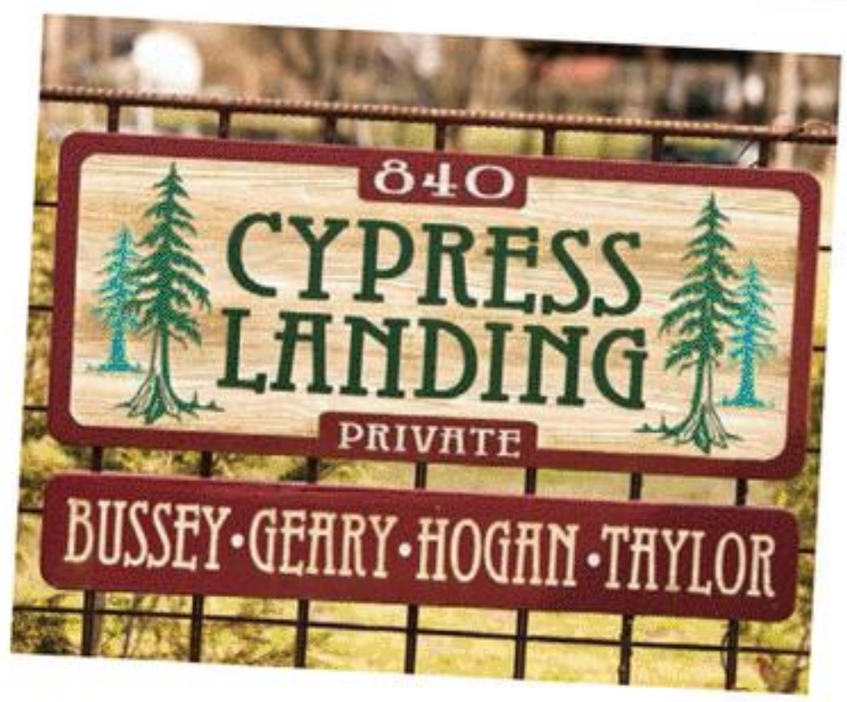

Timmy and Ingrid Taylor (*above,* far right) and Reed and Diane Hogan (*above,* far left) partnered with two other couples to transform the fish camp on Lake Bruin in Louisiana into a family retreat, *opposite*. Old life rings mark each family's cabin, a vintage cooler dresses up one porch, and fishing reels and lures echo the property's history. Homemade ice cream and fishing off the pier are regular treats when the grandchildren are at the lake.

It all started with a supper club. Reed and Diane Hogan and their friends ventured from Jackson, Mississippi, to Lake Bruin for the group's annual summer party.

Cruising the lake—where 100-year-old cypress trees dripping with silvery moss stand like statues in the water—they discovered a magical place called Cypress Landing. Once a famous fishing camp, it was now deserted. "We pulled up to its old fishing dock, which was totally dilapidated, and got out to look around," Reed says. It was no dreamy retreat when the supper club stumbled upon it.

"The grass and weeds were practically over my head," Diane recalls. "But there was something so alluring about the property. I could just shut my eyes and imagine a little village." Reed, however, wasn't entirely convinced.

"Diane was looking at the mess and imagining what it could become, while I was wondering how many snakes were in the cabins," he says. "Fortunately, one of our supper club members, Timmy Taylor, is an architect. And he was just as optimistic as Diane."

Before they took a leap of faith, they had to reexamine the property—and the financial implications of purchasing it. "Tackling a project like this, and doing it with other families, is a huge commitment," Diane says. "First, Timmy had to assess the buildings and make sure what we wanted to do was even possible architecturally and financially. We were lucky to have his expertise."

Everyone in the group brought some talent to the table, from decorating to landscaping. And each person had one goal in mind: staying true to Cypress Landing's sense of place.

The old pier, *above*, which the new owners restored, is a landmark on the lake. Diane Hogan, *top,* relaxes on her porch, where a swinging bed is the perfect spot for afternoon naps. The Hogans chose a summery green trim, white-painted paneling, and plenty of kid-friendly furniture for their cabin, *top right* and *opposite*. Old travel trunks double as a coffee table.

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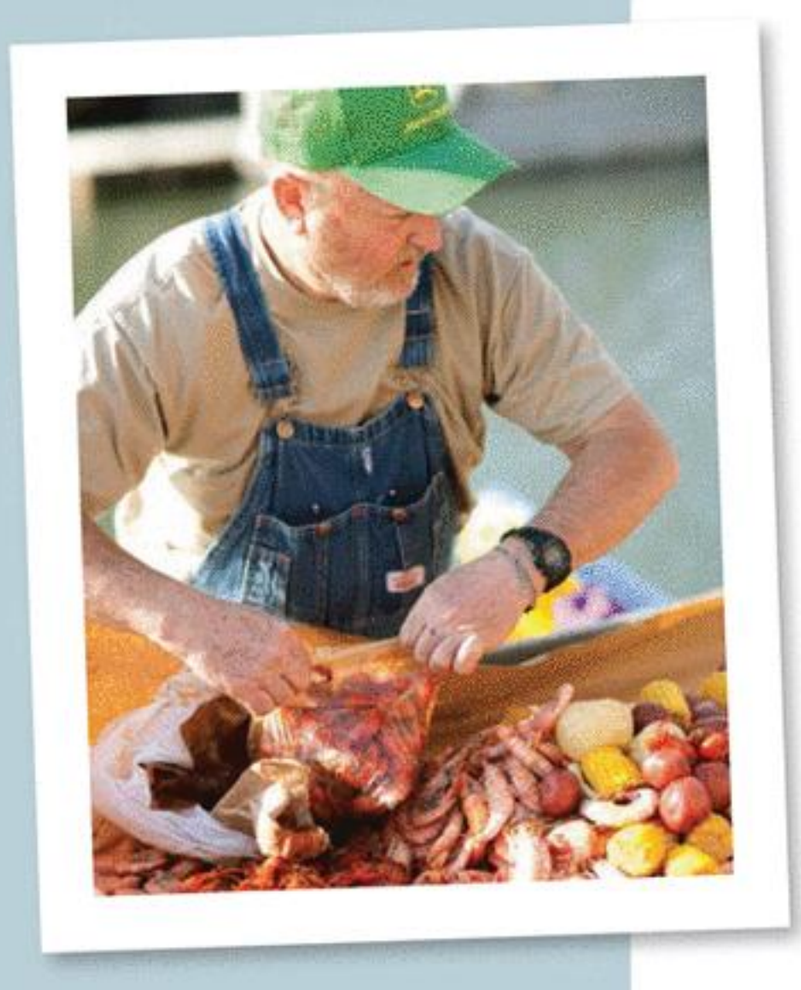
"I wasn't about to tear down the old cabins and build something big and showy," Timmy says. Instead, he reimagined the existing cabins, which were originally duplexes. He converted them to one-bedroom, one-and-a-half bathroom cottages, removing the central wall in each for a more open floor plan. The cabins' 840-square-foot size and their rooflines stayed the same, while a coat of warm yellow paint freshened the exteriors. But the real evolution occurred when Timmy added pitched-roof screen porches to the front of each cabin. "They transformed the look of the place," he says. "They gave every cabin a little extra breathing room and a whole new look."

"Timmy's style is classy yet livable," Diane says. "He did an amazing job of keeping it in the realm of what we could all afford. He really brought the place to life."

text continued on page 80

Opposite: Every family has a bunkhouse behind their cabin. The cheery yellow-and-green scheme says "summer" to Diane. *Clockwise from left:* Watermelon sampling is a favorite pastime of the grandchildren, and corn hole is tops with the Hogan kids and their spouses. Diane outfitted much of her family's cabin with furniture from her mother, who died just before the renovation was finished. "She always wanted a lake house, so bringing her things here seemed a natural way to honor her."



"To sit on the pier and watch the sun come up—and go down—it's like you've died and gone to heaven." **DIANE HOGAN**

Late afternoons call for local seafood. So the families roll a big cart they share onto the pier and load it with boiled corn on the cob, potatoes, and enough shrimp and crawfish to feed an army of kids and grandkids.

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Other changes occurred in community buildings. The office became a common house, where everyone gathers for family meals and games. And the bunkhouses got makeovers, too, meaning all the kids can be accommodated at once.

Today, Reed guides his boat up to the dock where grandson Woods stands with a cane pole, anticipating his first catch. The grandchildren gather by the picnic table for a taste of homemade vanilla ice cream. While Diane cuts into the day's first watermelon, Timmy and his wife, Ingrid, invite the adults to cool off on their porch with a frozen margarita.

"Our family has never had a gathering spot like this," Reed says. "We come out here to get away from all the distractions of life. Being able to bring extended family and build memories is what this is all about."

Front row, left to right: Kathleen and Bill Geary, Reed and Diane Hogan, Lind and John Bussey. Back row: Ingrid and Timmy Taylor. The kids gather around a table in the common house, *right*.

Doing Business With Your Friends

Diane Hogan offers advice on joint real estate ventures:

Hire an attorney to do the dirty work. "It's a big commitment financially, and a lawyer is essential. Having an outside advisor is key."

Be sure everyone in the group agrees on the overall vision for the property—you want to have the same aesthetic and goal.

Partner with people who are on the same page financially. "It wouldn't work if you had one family unwilling to spend any money on anything with another family who wanted to splurge too often on too much."

A vacation property can be a lot of work, so share the load. "We all have different duties and jobs—from taking care of the pool to handling installations."

Set up an annual fund and time line for the property's needs. "We have a certain amount of money for projects and upkeep, and we vote on what's most important."

For buying information see page 213.

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CREATE GARDEN CHEER IN YOUR HOME WITH COLOR

From the saturated colors of fresh fruits and flowers to the neutral hues of pavers and fountains, the promise of new spring gardens can provide an endless source of decorating inspiration.

Styling a home is much like planting a garden: Begin with a base color, then add pops of lively hues to complement the space. Reminiscent of violets in the garden, try purple vases on the fireplace mantel. Finally, add accents such as a green rug, as if there were freshly cut blades of grass underfoot.

The color experts at Sherwin-Williams® have selected several botanical shades in the ***Refreshed*** palette of its Today's Colors collection. These bright hues look especially fresh when paired with light, natural wood tones.

Using fabrics with botanical motifs is another way to reflect the cheery mood of renewal. Furniture upholstery, pillows and curtains can interweave organic elements into the home.

Today's Colors collection includes neutrals reminiscent of vintage, glazed pottery. Accent a room with an understated coral, yellow or green to give a home the feeling it's been well-loved for generations.

Experimenting with muted, natural colors is another twist on garden-style decorating. For example, the Sherwin-Williams ***Treasured*** palette from the

Wonder whether a splash of spicy tomato red can add character to a living room or if weathered-stone grays can refine the walls of a master suite? Test colors without ever picking up a paint brush. The new Upload Your Own Photo feature at ***sherwin-williams.com*** allows do-it-yourselfers to experiment with the paint retailer's entire color spectrum, including interior and exterior facades.

To view the complete Sherwin-Williams Today's Colors collection, or to experiment with the new Upload Your Own photo feature on the Color Visualizer, visit ***sherwin-williams.com***.

Visit sherwin-williams.com to find a store near you.

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3

Join us on ***Facebook*** *for helpful how-tos, color tips and more.*

Ask SHERWIN-WILLIAMS at your neighborhood store or sherwin-williams.com/color.

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summer romance

Fall in love with your outdoor entertaining area all over again—a few quick upgrades are all it takes.

1. Any outdoor structure can provide a romantic backdrop when hung with simple fabric panels. Try readymade curtains, long tablecloths, or fabric yardage.

2. Add color and pattern to outdoor furniture with large pillows that double as seating when placed on the ground. Fabrics and cushions made for the outdoors now come in a huge variety of high-style looks.

3. Set the space aglow after sunset with mood-setting candles. Glass-paned lanterns keep candles' flames safely contained and protected from the wind.

BY PAIGE PORTER FISCHER; PHOTO: EDMUND BARR; STYLING: MICHAEL WALTERS

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outdoors

HONEYSUCKLE (*LONICERA X HECKROTTII*, ZONES 4–9) BLOOMS BRIGHTLY IN THE SUMMER HEAT.

August Gardens Decorate your porch with fresh-cut garden blooms. Bring a dark spot to life with shade plants. Reap the natural bounty of a traditional cottage garden.

Tradition's Charm

A COTTAGE GARDEN'S OLD-FASHIONED MIX OF VEGETABLES, HERBS, AND BOISTEROUS BLOOMS CREATES TIMELESS APPEAL.

written and styled by **MARTY ROSS**
photos **ROB CARDILLO**

Inspiration came easy for Linda and Joe Hertzler. The allure of the traditional cottage gardens at Colonial Williamsburg, just a short walk away from the couple's Virginia home, proved irresistible. The Hertzlers had to have their own.

Step one was to establish the framework for a cottage garden's exuberant mix of plants. Bluestone paths define a grid of flower and vegetable beds and provide a path to Linda and Joe's Colonial-style home. The stones, some cut in neat rectangles and others freeform, speak to the dichotomy of a cottage garden: at once well-mannered and riotous.

Low-slung, white-painted picket fences, another hallmark of the cottage garden, add a second layer of definition to the gardens' grid. Inside their boundaries, red-brick paths complete the hardscaping by outlining beds.

The plantings themselves follow the traditional cottage formula: a lively

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COLOR SPLASH
In Linda and Joe Hertzler's cottage garden, self-seeding flowers and herbs mix freely with perennials and vegetables.

mix of old-fashioned perennial flowers, self-seeding annuals, and vegetables. "There is a sense of color and casualness in cottage gardens," Joe says, "a sense that they evolved, like somebody has been tinkering, adding this and that over time."

Joe is the professional garden designer in the family, but the Hertzlers' garden is really Linda's work. She reserves space for a yearly sowing of tall zinnias, which serve as a colorful foil for vegetables and the dill that reseeds itself among the flowers. Sage, rosemary, and thyme flourish in a circular plot in the center of the vegetable garden, which produces a bounty of flowers and edibles all summer, and plenty of herbs for the kitchen—and for the caterpillars of the resident black swallowtail butterflies. The garden harvest, Linda says with a smile, is ample enough for everyone.

For buying information see page 213.

THE BIG PICTURE A flower-covered arch, *opposite*, marks a dramatic physical and visual transition from the streetscape outside. Inside, a traditional picket fence encloses the vegetable garden, *top*. Outside the fence, daylilies, zinnias, and coreopsis tumble onto the path to the front door, *above*.

SIMPONI,™ a full month of RA relief with one dose a month.

SIMPONI,™ FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.

Just one dose of SIMPONI™ monthly helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. SIMPONI™ is used with the medicine methotrexate. Methotrexate is taken as directed. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.

Ask your rheumatologist if SIMPONI™ (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.

Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

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SIMPONI,™ used with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ (golimumab) is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,™ the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™ Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424

Just one dose, once a month.

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Medication Guide

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer
- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?
SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

Find more issues at
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What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?".**

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.
- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.
- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:
- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:
- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?
- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab

the lush life

A porch becomes a sensual delight with the sweet scents, splendid vistas, and endless bouquets of a cutting garden.

by KAREN WEIR-JIMERSON photos MATTHEW BENSON styling KARIN LIDBECK-BRENT

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outdoors LIVING

Summer on the front porch—life just slows down there. You have different conversations on a porch. You see your neighbors more. And you can smell your garden's fragrance on the breeze.

This was the scenario Barbara DeLong dreamed of the moment she saw an old photo of her Bethel, Connecticut, house. Her fixer-upper 1890s Victorian was a fading beauty when she bought it for a song in 2003, but the photo revealed what previous owners had deleted decades before: an expansive wraparound porch, painted fretwork, and to-die-for architectural detail.

When Barbara re-created the original porch, she also reinstated the grace and charm that her grande dame house deserved, decking out the platform in period style with bouquets and pastel accents. "I'm very Victorian," Barbara says about her tastes.

GARDEN OF PLENTY

"I do lush," Barbara DeLong says with a laugh, describing her style as she juggles four jumbo hydrangea blooms. Called The Flower Contessa by her friends, Barbara has filled every inch of her yard with flowers.

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Do you know

how long it takes one **little ice pop** to turn into a **great big puddle** in the hands of a **renegade three-year-old**?

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PORCH PLEASURES
Barbara's fresh-air seating area, *left*, is decorated like an indoor room, with a comfy mix of old and new furnishings, toe-pleasing rugs, and a soft palette that lets the garden claim the spotlight.

A CUT ABOVE
Fresh bouquets, *below*, and the heady fragrance of moonflower vine, which Barbara planted nearby, enhance the nook's relaxed, botanical feel.

An inspiring porch needs a view to match, so Barbara added a front garden—first, a slate walkway edged with boxwoods for structure, then the colorful choreography of blooms. "I love color," she says, "and I want something beautiful in all seasons." Her garden reflects that with a luscious mix of hundreds of plants that provide both spectacular views and nonstop bouquets spring though fall. It's had the desired effect: "My front porch and flower garden are my conversation and outdoor living area now," she says.

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Acid reflux disease

Burning
BAD TASTE
IN YOUR THROAT
belching

Acid reflux disease.
It's got many faces.

And lots of symptoms like heartburn, and even a bad taste in your throat or belching. So, if you have persistent heartburn (2 or more days a week) and other symptoms, despite treatment and diet change, talk to your doctor. It could be acid reflux disease. And find out if prescription ACIPHEX is right for you. Because burning, bad taste, and belching don't look good on anyone.

IMPORTANT SAFETY INFORMATION

ACIPHEX has a well-established safety profile.

In adults, the most common side effects with ACIPHEX include pain, sore throat, gas, infection, and constipation.

Symptom relief does not rule out other serious stomach conditions.

Before taking ACIPHEX, tell your doctor if you are taking atazanavir, digoxin, iron salts, ketoconazole, or warfarin.

To learn more, talk to your doctor and read the patient information on the next page.

In adults (≥18 years of age), one ACIPHEX 20 mg tablet daily is used for the treatment of persistent, frequent (2 or more days a week) heartburn and other symptoms associated with acid reflux disease.

Individual results may vary.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

14 DAYS

Try **ACIPHEX FREE** for 2 weeks!*

1-866-379-0105 | **TryAciphex.com/05**

*See the attached voucher for details. Restrictions apply.

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rabeprazole sodium

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Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Raritan, NJ 08869-0602

PATIENT INFORMATION
ACIPHEX (a-se-feks)
(rabeprazole sodium)
Delayed-Release Tablets

Read the Patient Information that comes with ACIPHEX before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is ACIPHEX?

ACIPHEX is a medicine called a proton pump inhibitor or an "acid pump inhibitor". This means it reduces the amount of acid that is made by your stomach. ACIPHEX is used in adults:

- for the short-term (4 to 8 weeks) treatment in the healing and symptom relief of damaging (erosive) Gastroesophageal Reflux Disease (GERD).
- to maintain healing of damage (erosions) and relief of heartburn symptoms with GERD. ACIPHEX has not been studied for treatment lasting longer than 12 months (1 year).
- for the treatment of daytime and nighttime heartburn and other symptoms that happen with GERD.
- for short-term treatment (up to 4 weeks) in the healing and relief of stomach-area (duodenal) ulcers. The duodenal area is the area where food passes when it leaves the stomach. The main symptom of a duodenal ulcer is a steady pain in the stomach area.
- with certain antibiotic medicines for the treatment of an infection caused by bacteria called *H. pylori*. Sometimes *H. pylori* bacteria can cause duodenal ulcers. The infection needs to be treated to prevent the ulcers from coming back.
- for the long-term treatment of conditions where your stomach makes too much acid. This includes a condition called Zollinger-Ellison syndrome.

ACIPHEX is used in adolescents 12 years of age and above:

- for the short-term (up to 8 weeks) treatment of GERD.
- The safety and effectiveness of ACIPHEX has not been established for children under the age of 12.

Who should not take ACIPHEX?

Do not take ACIPHEX if you:

- are allergic to any of the ingredients in ACIPHEX. See the end of this leaflet for a complete list of ingredients in ACIPHEX.
- are allergic to any other Proton Pump Inhibitor (PPI) medicine.

What should I tell my doctor before I take ACIPHEX?

Tell your doctor about all of your medical conditions, including if you:

- have any liver problems.
- have any allergies.
- are pregnant or planning to become pregnant. It is not known if ACIPHEX can harm your unborn baby.
- are breastfeeding. It is not known if ACIPHEX passes into your breast milk or if it can harm your baby. You should choose to breastfeed or take ACIPHEX, but not both. Talk to your doctor about other ways to feed your baby while taking ACIPHEX.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. ACIPHEX and certain medicines can affect each other. This can cause serious side effects. Know the medicines that you take. Keep a list of them with you and show it to your doctor when you get a new medicine. Be sure to tell your doctor if you are taking:

- atazanavir (Reyataz)
- cyclosporine (Sandimmune, Neoral)
- digoxin (Lanoxin)
- ketoconazole (Nizoral)
- warfarin (Coumadin)
- antibiotics

How should I take ACIPHEX?

- Take ACIPHEX exactly as prescribed. Your doctor will prescribe the dose that is right for you and your medical condition. Do not change your dose or stop taking ACIPHEX unless you talk to your doctor. Take ACIPHEX for as long as it is prescribed even if you feel better.
- ACIPHEX is usually taken once a day. Your doctor will tell you the time of day to take ACIPHEX, based on your medical condition.
- ACIPHEX can be taken with or without food. Your healthcare provider will tell you whether to take this medicine with or without food based on your medical condition.
- Swallow each ACIPHEX tablet whole with water. **Do not chew, crush, or split ACIPHEX tablets** because this will damage the tablet and the medicine will not work. Tell your doctor if you cannot swallow tablets whole. You may need a different medicine.
- **If you miss a dose of ACIPHEX, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your normal schedule. Do not take 2 doses at the same time.**
- If you take too much ACIPHEX, call your doctor or Poison Control Center right away, or go to the emergency department.
- Your doctor may prescribe antibiotic medicines with ACIPHEX to help treat a stomach infection and heal stomach-area (duodenal) ulcers that are caused by bacteria called *H. pylori*. Make sure you read the patient information that comes with an antibiotic before you start taking it.

What are the possible side effects of ACIPHEX?

ACIPHEX, like other proton pump inhibitors, may cause serious allergic reactions. See the end of this leaflet for a complete list of ingredients in ACIPHEX.

The most common side effects with ACIPHEX may include:

- headache
- pain
- pharyngitis
- flatulence
- infection
- constipation

These are not all the side effects of ACIPHEX. For more information, ask your doctor or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Find more issues at magazinesdownload.com

How should I store ACIPHEX?

- Store ACIPHEX in a dry place at room temperature, 59°F to 86°F (15°C to 30°C).
- **Keep ACIPHEX and all medicines out of the reach of children.**

General Information about ACIPHEX

Medicines are sometimes prescribed for conditions other than those described in patient information leaflets. Do not use ACIPHEX for any condition for which it was not prescribed by your doctor. Do not give ACIPHEX to other people, even if they have the same symptoms as you. It may harm them.

This leaflet summarizes the most important information about ACIPHEX. If you would like more information, talk to your doctor. You can also ask your doctor or pharmacist for information about ACIPHEX that is written for healthcare professionals. For full product information, visit the website at http://www.aciphex.com/ or call the toll-free numbers 1-888-4-ACIPHEX or 1-800 JANSSEN.

What are the ingredients in ACIPHEX?

Active Ingredient: rabeprazole sodium

Inactive ingredients of the 20 mg tablet are carnauba wax, crospovidone, diacetylated monoglycerides, ethylcellulose, hydroxypropyl cellulose, hypromellose phthalate, magnesium stearate, mannitol, propylene glycol, sodium hydroxide, sodium stearyl fumarate, talc, and titanium dioxide. Iron oxide yellow is the coloring agent for the tablet coating. Iron oxide red is the ink pigment.

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What is GERD?

Your stomach needs acid to help your body digest food. Stomach acid is made by tiny acid pumps in the cells that line your stomach. If your body makes too much acid or cannot protect itself against a normal amount of acid, medical problems such as GERD can happen.

GERD happens when acid in your stomach backs up into the tube (esophagus) that connects your mouth to your stomach. Stomach acid can damage (erode) the lining of your esophagus. Some symptoms of GERD are heartburn, sour taste in the back of your throat and burping.

For prescription only

Revised January 2009

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See official rules on page 214.

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cutting class

Here are a few of Barbara's secrets for getting the most out of cut garden flowers.

THINK BIG Jumbo blooms make instant bouquets. Barbara snips 'Annabelle' hydrangea stems and drops them into an oversize vase for loads of bouquets all season. The giant blossoms last up to two weeks in the vase.

LEAF UP "Hosta leaves make great bouquet greenery," says Barbara, who combines the foliage with flowers.

DAISY DOES IT Purple coneflower is one of Barbara's favorites. "It's a great cutting flower," she says, and an easy mixer with other summer blooms. For a quick bouquet, she snips a few stems and adds them to a blue-green canning jar.

CUT TO THE VASE For longer-lasting blooms and less wilting, snip flowers in early morning and put immediately in water. Change vase water daily.

For buying information see page 213.

Coping with shade

How do you grow plants in shade? That's one of the most common questions we get from readers. Here, we shed some light on the topic.

by **ERIC LISKEY**

Q I have a huge pine tree that casts deep shade in a corner of my yard, and it constantly drops pine needles. The lawn in that area isn't doing well. What else could I do with that spot?

Pine needles create acidic soil over time. That, combined with shade, would make the site ideal for azaleas. Most shade perennials should do well there, too. Hosta, astilbe, heuchera, columbine, and bleeding heart all are good candidates. Prune the pine's low-hanging branches (any that hang lower than about 10 feet), remove the grass, and till in generous amounts of peat or compost, and you'll have the setting for a nice shade garden.

PHOTO: ALISON BARNES MARTIN

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Which dog has more spots?

Which sock is whiter?

leading detergent alone

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Obviously.

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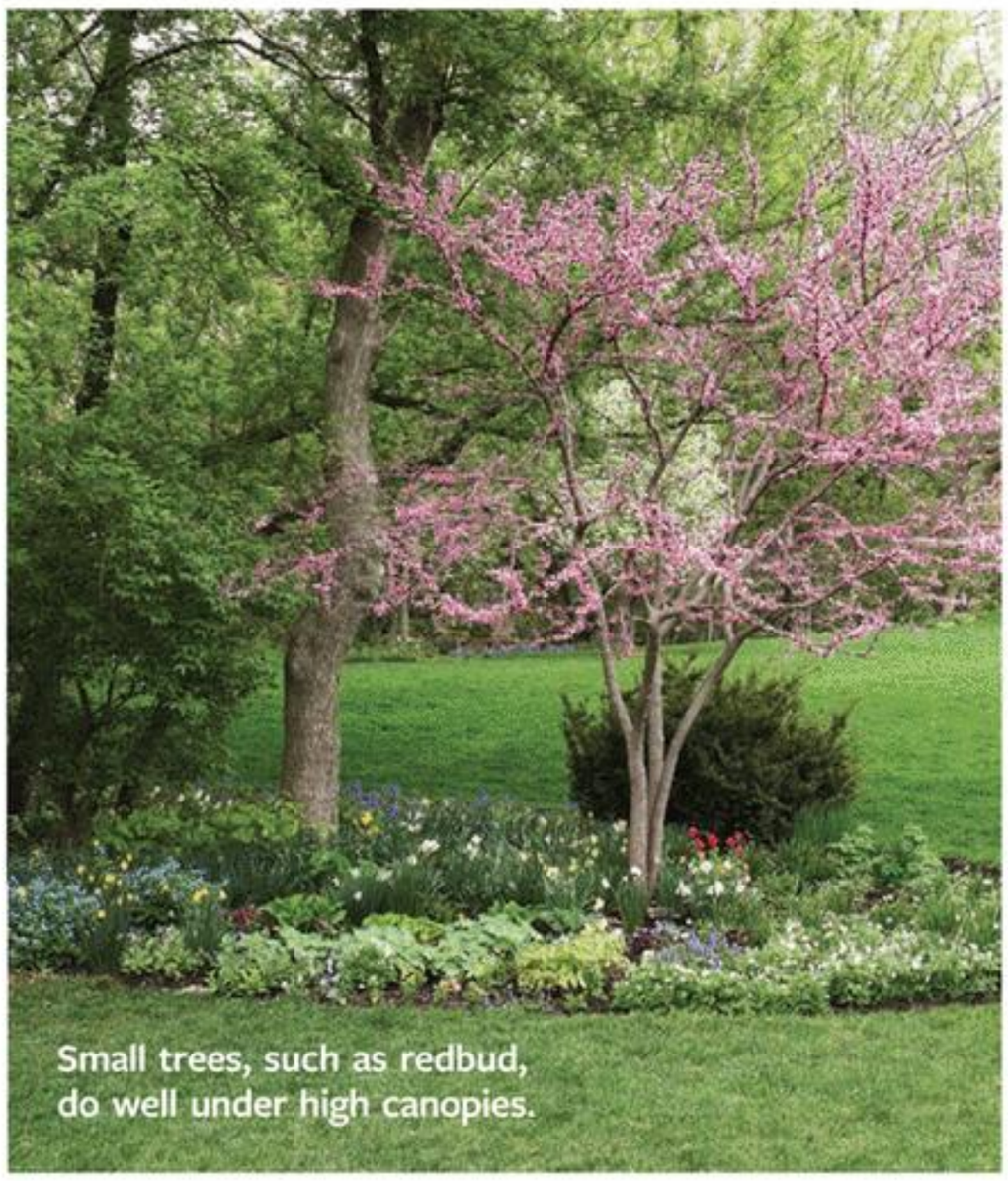

Small trees, such as redbud, do well under high canopies.

Q What are the best shrubs to plant underneath my large trees?

Shade-tolerant shrubs include azalea, rhododendron, *Fothergilla*, and *Clethra alnifolia*. Also consider small trees such as redbud, *left*, and dogwood, which thrive in understory situations.

Q I have a shady spot in my lawn that grows a lot of moss. How can I get rid of it?

The short-term solution is moss killer, found at garden centers. The long-term solution is to change conditions to discourage moss and favor grass, such as by increasing sunlight (prune low branches), reducing watering, improving drainage, and raising mowing height.

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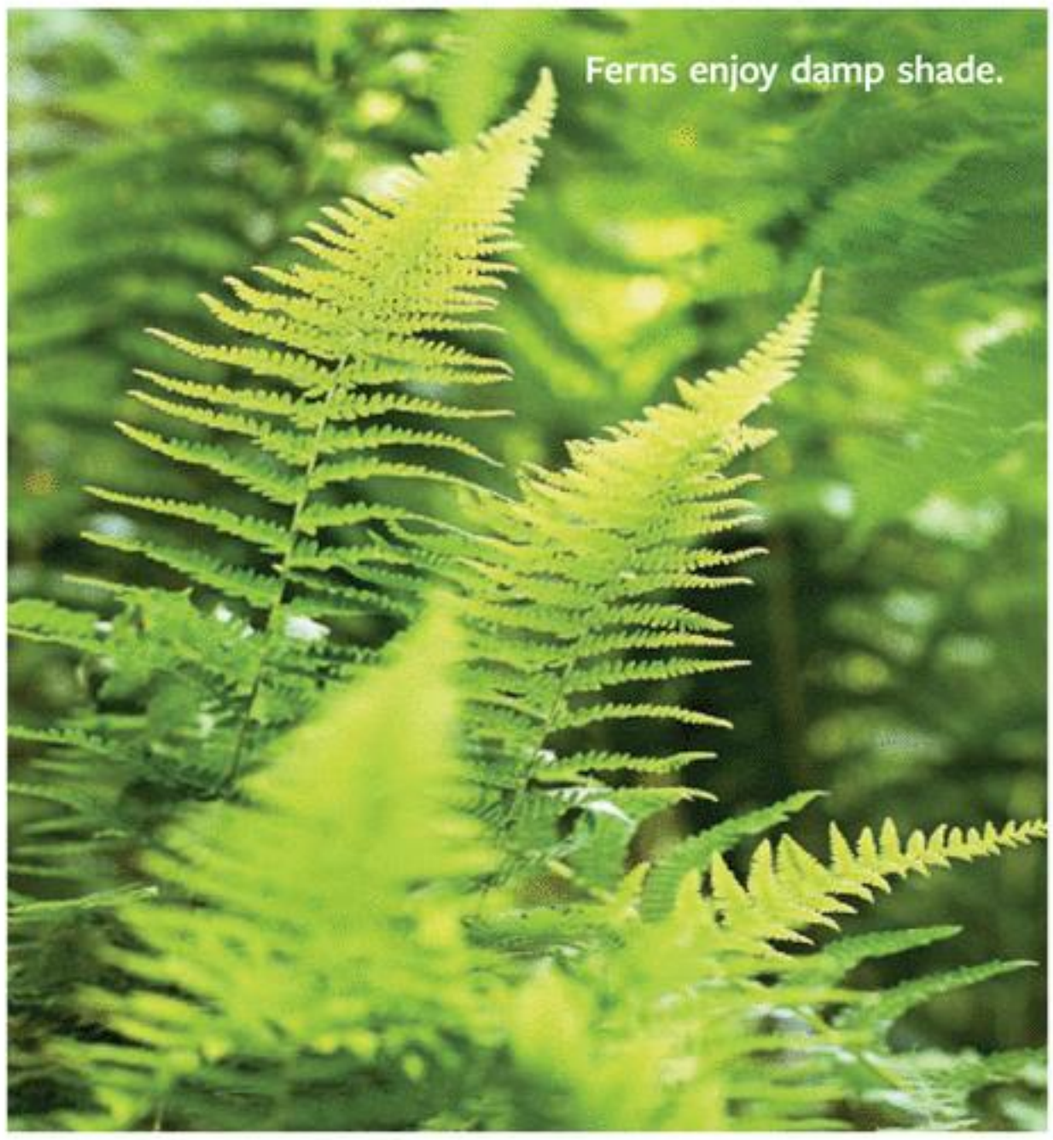
Q I have a damp, shady corner on the northeast side of my house. It's useless because it's always muddy. What are my options here?

First, see what you can do to dry it out. Check downspouts and make sure they aren't dumping rainwater there. If they are, reroute them. And if it's a low spot, add fill to raise the grade and force water to drain away.

You can also plant the area with species that thrive in damp, shady spots. Many ferns are notably well-suited for such conditions. Many other shade perennials enjoy damp conditions, but most won't tolerate long-term standing water.

A less-attractive, but functional, option is to cover the ground with landscape fabric and a few inches of pea gravel. This will allow people and pets to tread on it without tracking mud everywhere.


Ferns enjoy damp shade.

PHOTOS: (REDBUD) MARTY BALDWIN; (FERN) MATTHEW BENSON

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Refreshing mint dipped in rich dark chocolate.
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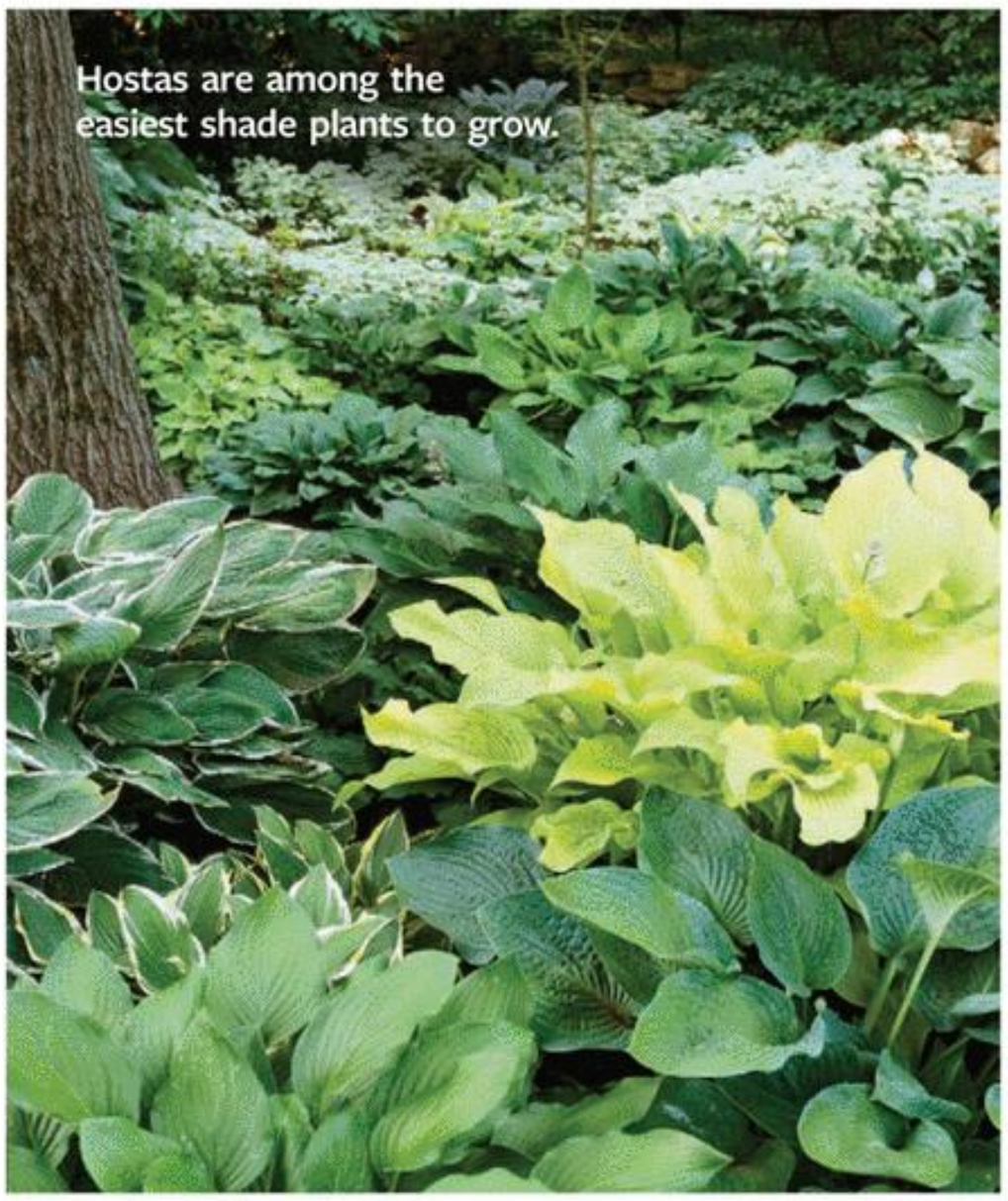

Hostas are among the easiest shade plants to grow.

Q How do I get grass to grow under my trees? I have tried to grow fine-leaf fescue but it dies out after a few years. I thought about perennials or groundcovers instead, but I'm on a budget and all those plants cost too much.

To give shaded grass a fighting chance, raise your mower's height; promptly remove fallen leaves in autumn; fertilize at half the rate you fertilize sunny lawns; overseed with shade-tolerant grasses every couple of years to thicken turf; and prune low-hanging limbs.

If your lawn can't survive even with these steps, then you should consider shade perennials instead. For inexpensive plants, shop garden centers for bare-root perennials, attend local garden club sales or plant swaps, and ask friends for divisions from their plants. After you get some established, divide them to create more plants to spread around your garden.

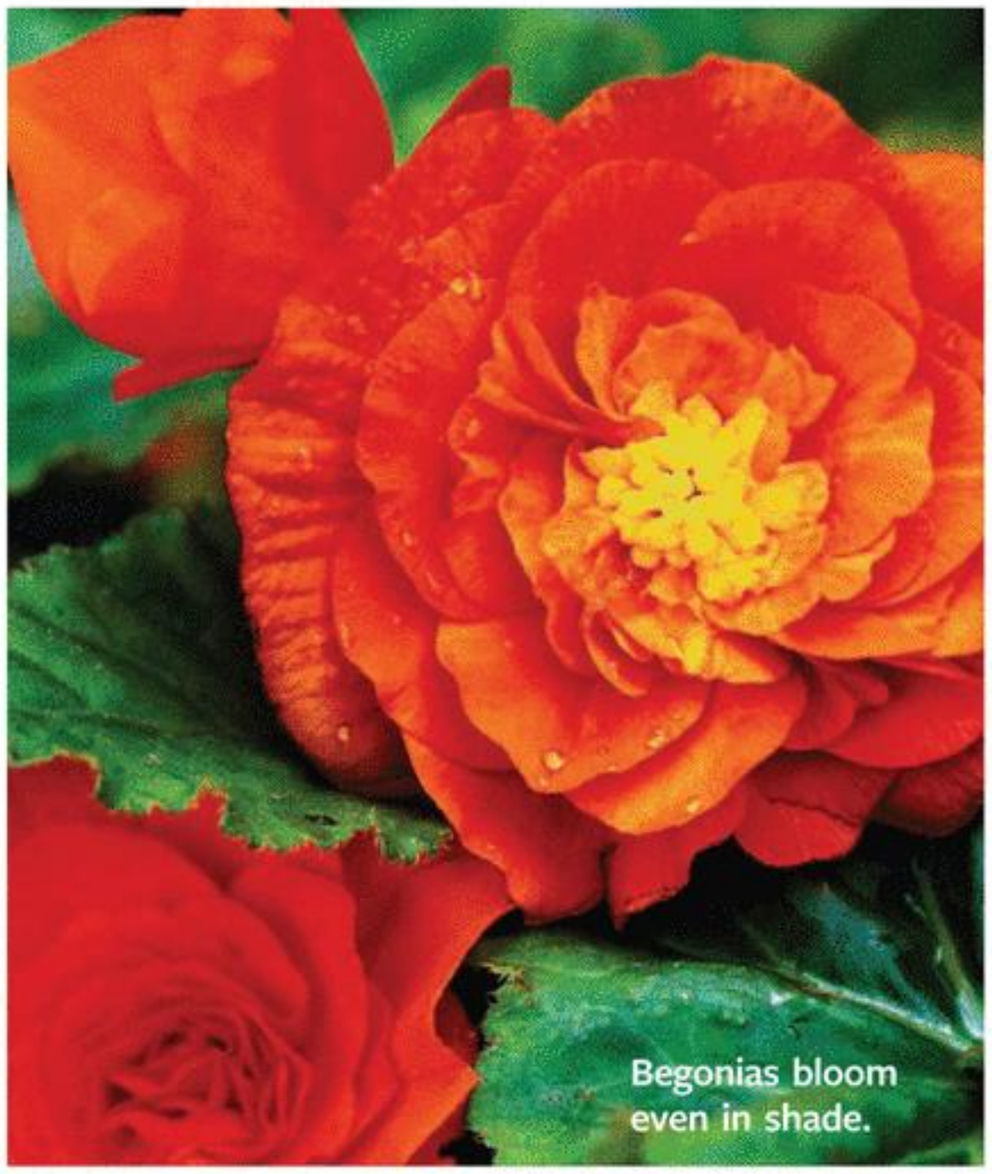
PHOTOS: (HOSTAS) MATTHEW BENSON; (BEGONIA) HELEN NORMAN

Q I like flowers more than foliage, but most of the plants recommended for shade are foliage plants. Do I have any good options for flowering plants?

Sure. Among blooming, shade-loving annuals, the easiest are impatiens and begonia, *right*. Perennials that bloom in shade include astilbe, Virginia bluebells, columbine, foxglove (a biennial), and bleeding heart.

Q Can I plant sun perennials and annuals in a shady spot?

Not if you expect the plants to look their best. In shade, sun-loving plants won't bloom much, and they'll become spindly and small or even die. It's better to pick true shade-loving plants for low-light locations.



Begonias bloom even in shade.

Ramen & Vinyl Records

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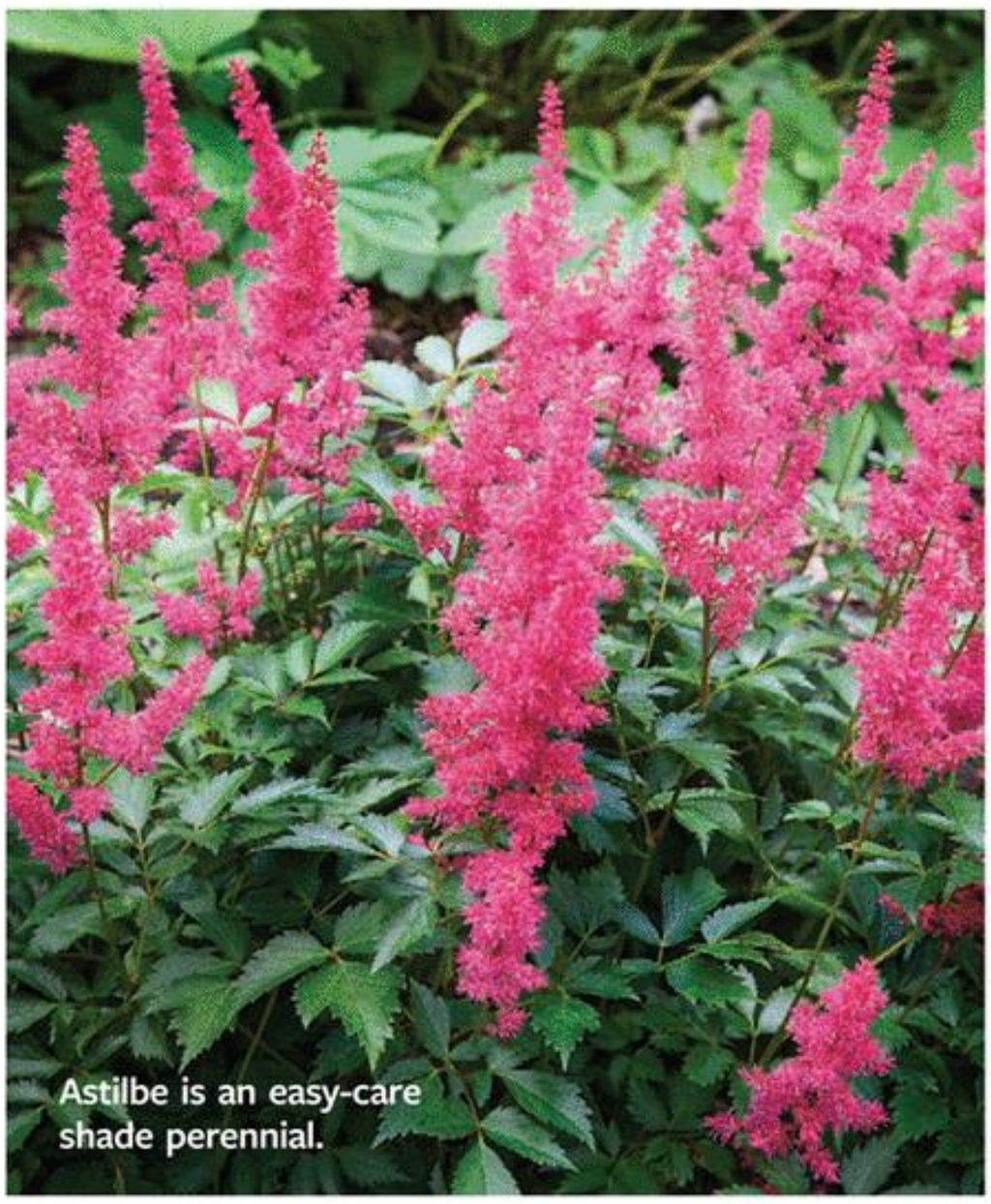

Astilbe is an easy-care shade perennial.

What are the best shade perennials?

Aside from those already mentioned, our favorites include *Tiarella*, *Brunnera*, *Epimedium*, *Polygonatum*, and *Ajuga*. The shade-garden plan here, *opposite*, and many more can be found online at BHG.com/shadeplans.

A planting bed along the north side of my house only gets morning sun. I want to grow vegetables there. Will that work?

As a rule, less sun means less harvest, but it also means less heat. So make the most of it and plant cool-season vegetables such as broccoli, lettuce, and spinach. With afternoon shade, they will produce longer into the summer. Heat-loving crops, such as tomatoes and peppers, may do OK if the bed gets at least 5–6 hours of sun, but they won't bear quite as much produce.

Find more issues at magazinesdownload.com

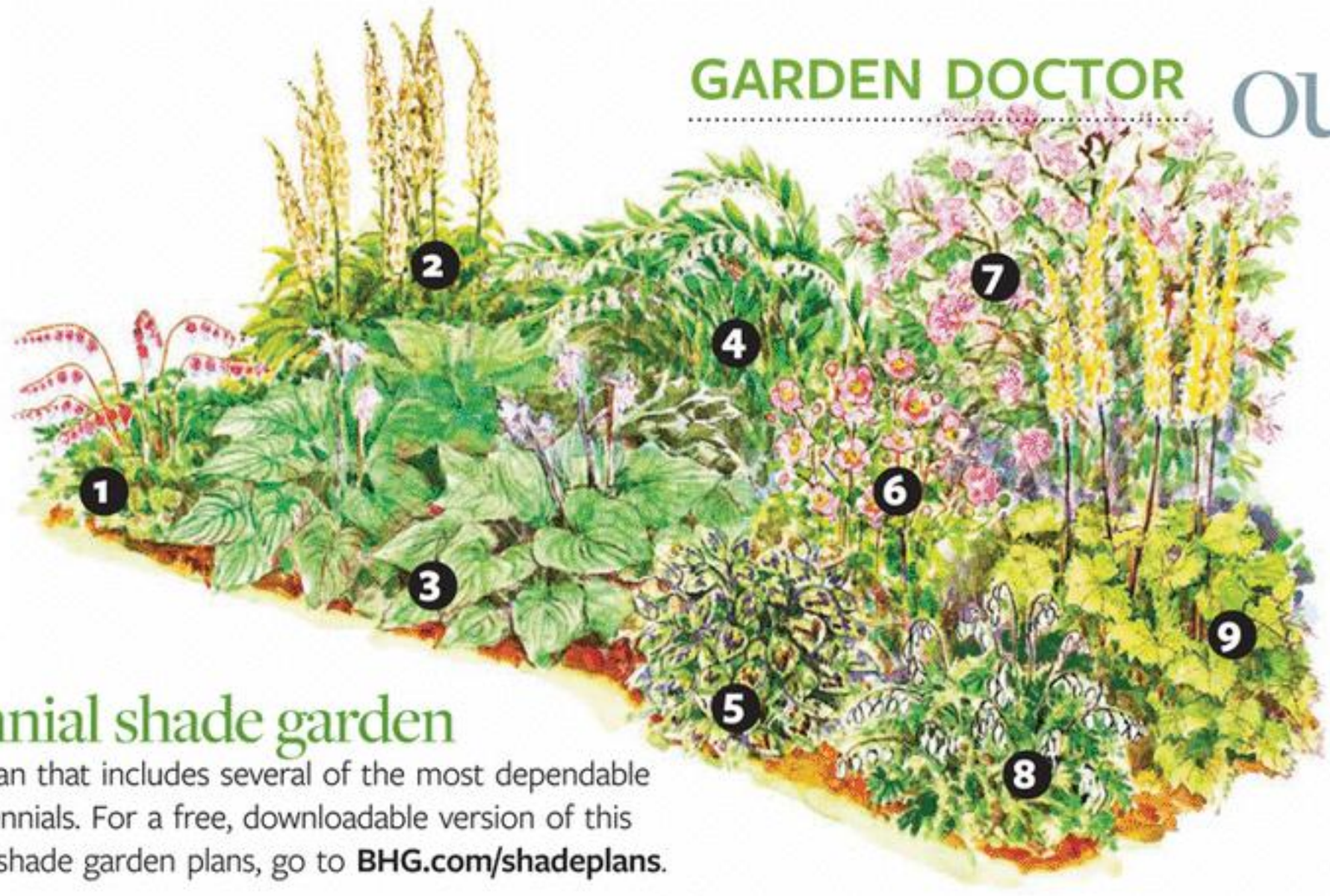

PHOTO: MATTHEW BENSON. ILLUSTRATION: MAVIS TORKE

Perennial shade garden

Here's a plan that includes several of the most dependable shade perennials. For a free, downloadable version of this and other shade garden plans, go to **BHG.com/shadeplans**.

1) **BLEEDING HEART** (*Dicentra spectabilis,* Zones 3–9)
2) **GRECIAN FOXGLOVE** (*Digitalis lanata,* Zones 4–9)
3) **HOSTA** (*Hosta plantaginea,* Zones 3–8)
4) **SOLOMON'S SEAL** (*Polygonatum biflorum,* Zones 3–8)
5) **FLEECEFLOWER** (*Persicaria virginiana,* Zones 5–9)
6) **JAPANESE ANEMONE** (*Anemone hybrida,* Zones 4–8)
7) **AZALEA** (*Rhododendron* spp., Zones 4–9)
8) **FERN-LEAF BLEEDING HEART** (*Dicentra* 'Aurora', Zones 4–8)
9) **LIGULARIA** (*Ligularia* 'The Rocket', Zones 4–8)

For buying information see page 213.

Go Online

Got a garden question?

These questions and answers are based on postings on our Garden Doctor Web page. To ask a question, go to *BHG.com/gardendoctor* and our experts will answer it.

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sprinkling in style

A WATERING CAN HANDLES SMALL CHORES WITH EASE.

There's no sense in lugging a garden hose around to water just a few pots on the patio. A watering can is the most direct—and least wasteful—way to make sure plants get the moisture they need. The galvanized steel William Morris "Cray" Print watering can, *right*, is patterned after a chintz design from the Arts and Crafts movement in England. When it's not in use, the 5¼-quart can stands in as a work of art. $54; nybgshop.org

PHOTO: BLAINE MOATS

the gardener

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

by JANE AUSTIN McKEON

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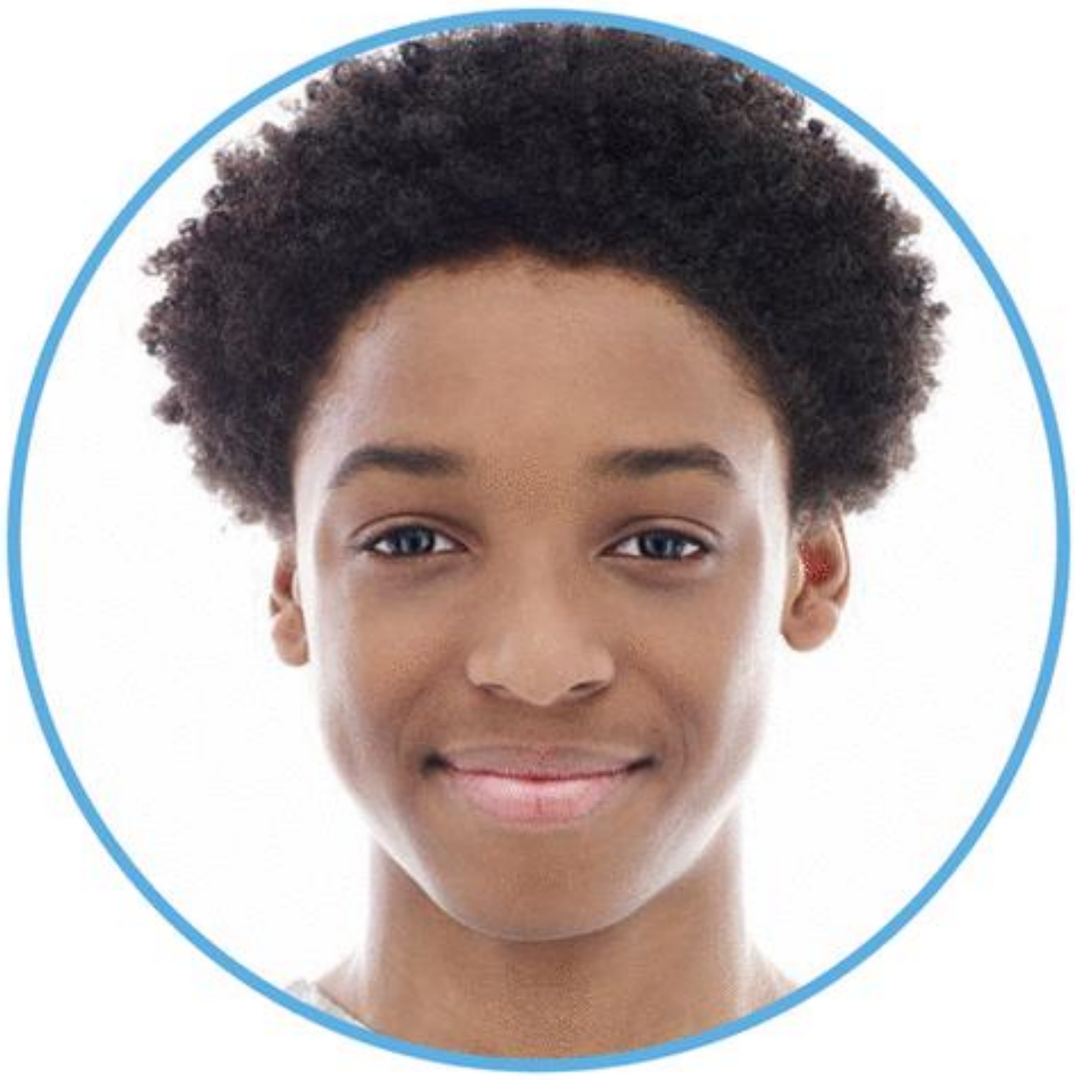

Your child could be

oneless

person affected by HPV disease.

Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®
[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com **1-800-GARDASIL**

Talk to your child's doctor today.

patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help. Visit www.merck.com/merckhelps.

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Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued October 2009

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Contributing editor Debra Prinzing is a gardening and outdoor living expert and author of many gardening books and articles. Check out her blog at debraprinzing.com.

DEBRA'S GARDEN

hot chocolate

August's sun-drenched days get me thinking about chocolate. Cocoa-color foliage and flowers add late-summer drama to beds and pots.

In addition, many of these plants have a cocoa scent, such as chocolate cosmos, *right,* chocolate-scented geranium *(Pelargonium),* and chocolate daisy *(Berlandiera lyrata).*

This sultry-end of the color spectrum calls for contrast; choose bright companions, such as creamy white, pink, silvery, and chartreuse plants. Try pairing chocolaty *Cordyline* 'Festival Grass' with lime-color licorice plant (*Helichrysum petiolare* 'Limelight').

Find more delectable chocolate plants at BHG.com/chocolateplants.

PHOTOS: (DEBRA PRINZING) WILLIAM WRIGHT; (COSMOS) MICHAEL JENSEN

YARD GOODS

take a spin

A grown-up version of a classic child's toy, these playful pinwheels add form and movement to the garden. Blomus Stainless Steel Pinwheels: four-petal (11½x3½x41 inches), $14; eight-petal (8x2½x29 inches), $12; 14-petal (12x2½x52½ inches), $20; **thestainlesssteelstore.com**

compact quince

Double pink blooms pop in early spring on the new *Chaenomeles* Double Take 'Pink Storm,' *above*. This thornless flowering quince grows 3–4 feet tall, a big improvement over the large, thorny varieties of yesteryear. Hardy in Zones 5–9. To purchase, go to readershopping.com.

TWEET TREATS GET KIDS INTO NATURE

Chickadees and children have at least one thing in common: They love peanut butter! Give the kids a pinecone, a spoon, some gooey spread, and toppings (dried cranberries and sunflower seeds), and you'll soon have tempting birdfeeders, *left*, to dangle from a tree. Now, that's something to sing about.

PHOTOS: (PINECONE FEEDER) VIRGINIA WEILER; (PINWHEELS); BLAINE MOATS; QUINCE (WHITE FLOWER FARM)

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4 ways to attract hummingbirds

- **Grow late-blooming nectar sources.** Hummers favor tubular-shape blooms in bright red and orange, including salvia, bee balm (*Monarda*), hyssop (*Agastache*), phlox, *Buddleja*, butterfly weed (*Asclepias*), cardinal flower (*Lobelia cardinalis*), and lantana. For more plant suggestions, go to BHG.com/hummingbirdplants.

- **Offer shelter.** It may seem as if they never stop their frenetic search for food, but hummingbirds do rest. And when they do, they prefer perching on hidden branches, particularly those of evergreens.

- **Serve fast food.** Sugar water is the hummer's equivalent of an energy drink. Fill a feeder like the Bloom (parasolgarden.com), *below,* with homemade nectar (boiled, then cooled) made from 4 parts water to 1 part sugar. Contrary to popular belief, the solution need not be tinted with red food coloring. Clean feeders every few days and refill with fresh sugar water.

- **Provide moving water.** Hummingbirds drink and bathe on the fly as they dart in and out of oscillating sprinklers. They also love birdbaths with misters.

PHOTOS: (FEEDER) PAR-A-SOL; (SALVIA AND PEPPER) BLAINE MOATS; (GARLIC) MATTHEW BENSON; (BUCKET) SCOTT LITTLE

2,000 miles

That's the flight Ruby-Throated Hummingbirds—the only widespread hummer species east of the Rockies—make every fall when they migrate from Northern climes to their wintering grounds in Mexico and Central America. The trip includes a 600-mile crossing over the Gulf of Mexico.

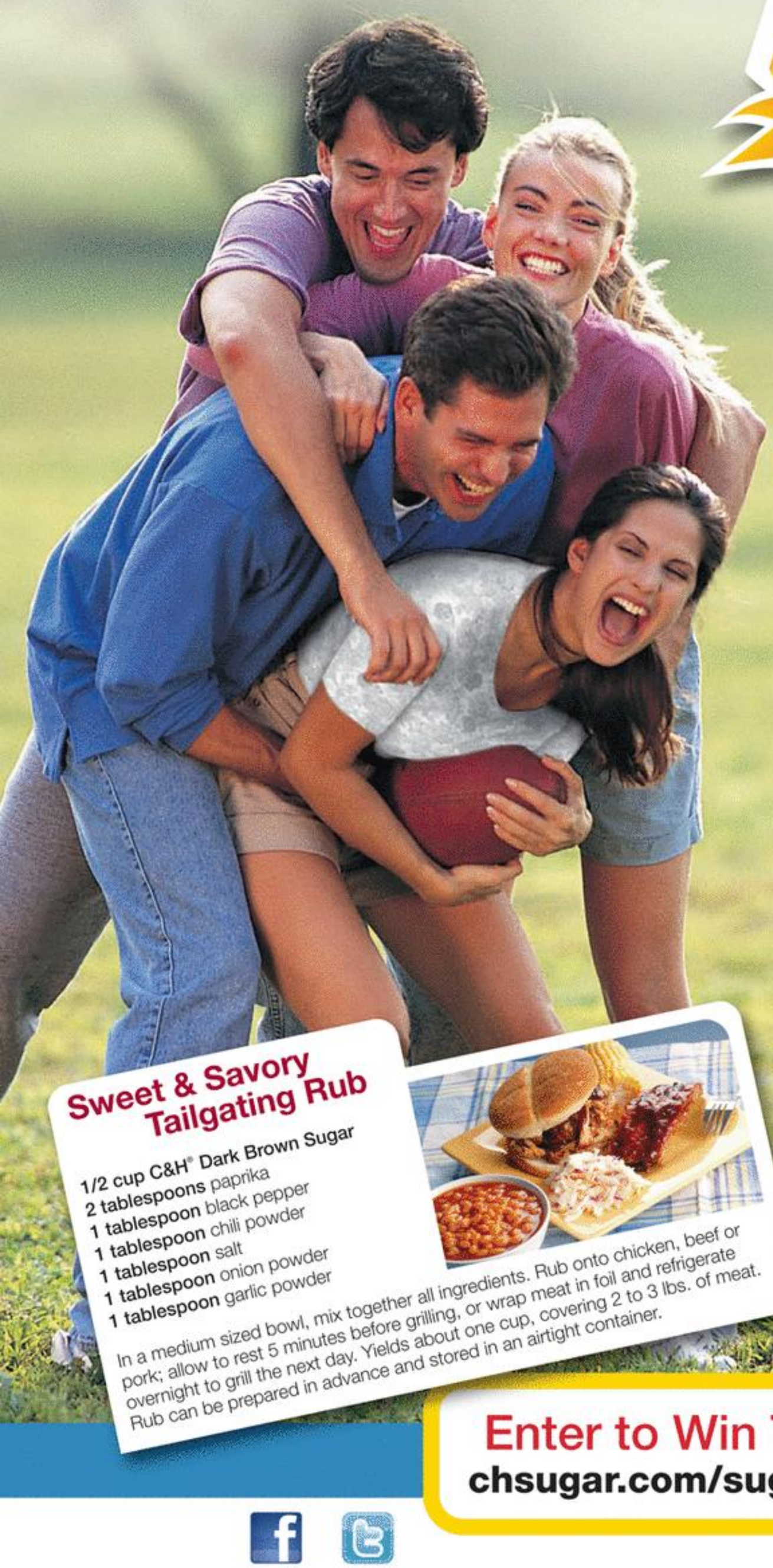
THIS MONTH IN THE GARDEN

north Dig, don't pull, garlic bulbs, *above,* when half the leaves turn brown. Hang bulbs in a shaded area to cure. Cloves are ready to eat when a papery outer skin develops.

south Hot peppers, *above,* are most potent when they're red. Wear rubber gloves to handle—the juices can irritate the eyes and nose. Use hot peppers fresh, or dry them by hanging indoors.

west Tired of the daily drag of watering with your garden hose? Make a slow-drip irrigation system: Use an ice pick to poke holes in the bottom of a 5-gallon bucket and fill it with water, *above.*

Take the **gang** to the **game** in **New Orleans!**



C&H® Sugar, the Official Sugar of the *Allstate*® Sugar Bowl, invites you to enter for a chance to win:

grand prize:

VIP Trip for Four to the 2011 *Allstate* Sugar Bowl

first prize:

VIP Trip for Two to the 2011 *Allstate* Sugar Bowl

Prizes include a 4-day, 3-night trip to New Orleans, Louisiana, including airfare, hotel stay at The Royal Sonesta, tickets to the *Allstate* Sugar Bowl Gala, pre-game VIP Reception and tickets to the game.

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NO PURCHASE NECESSARY. Void where prohibited. Open to legal U.S. residents, 21 or older at time of entry. To enter, go to **www.chsugar.com/sugarbowl** or print your name, address, city, state, zip, e-mail, and day and evening phone numbers on a 3"x 5" card, and mail to: **C&H® Sugar Bowl Sweepstakes**, P.O. Box 602, Garden City, NY 11530-0602. All mail-in entries must be postmarked by 10/15/10 and received by 10/21/10. One entry per person per day. Subject to complete official rules available at **www.chsugar.com/sugarbowl**. Sweepstakes ends 10/15/10.

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HOME PRAIRIE COMPANION

'Prairie Fire' red switchgrass (*Panicum virgatum*) lives up to its name by igniting meadow-style gardens with hot-hue foliage that flickers in the breeze. After emerging a cool blue-green in spring, foliage turns deep red by midsummer, then golden in autumn. With roots that run 10 feet deep, this native is a natural for dry slopes. Clumps grow 3–6 feet tall. Hardy in Zones 4–9.

Q&A

Why are my tomatoes cracking and splitting open? A prolonged dry spell followed by rain can cause ripening tomatoes to grow so rapidly that the skin splits. To prevent this malady, maintain constant soil moisture. Water deeply (at least 1 inch per week) and mulch around plants to reduce evaporation. Crack-resistant varieties include 'Big Boy', 'Celebrity', 'Jet Star', and 'Park's Whopper Improved'. For more tips on growing healthy tomatoes, go to **BHG.com/tomatoes.**

YARD GOODS

sun readers

Take the worry out of wearing your good reading glasses in the yard or at the beach. Gels Sunreaders are made of lightweight, bendable plastic that's tough to break. Available in +1.00–+3.00 powers, in Aqua, *right*, Tortoise, Crystal, Midnight, and Emerald. $16; scojo.com

PHOTOS: (GRASS) PETE KRUMHARDT; (GLASSES) BLAINE MOATS

For buying information see page 213.

Your child's day doesn't end at 4 PM. Why should her ADHD treatment?

Visit vyvanse.com to save $50 off your first prescription.

Restrictions may apply.

Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

CONSISTENTLY Vyvanse™ (lisdexamfetamine dimesylate) capsules

VYV-00667 12/09

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 05/2009 VYV-01080

Shire

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Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00AM
Ate breakfast and took Vyvanse.

12:00PM
Paid attention in class.

5:00PM
Kept my focus at practice.

8:00PM
Helped my sister with her homework.

CONSISTENTLY

Vyvanse™ (lisdexamfetamine dimesylate) capsules

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

IMPORTANT SAFETY INFORMATION
Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

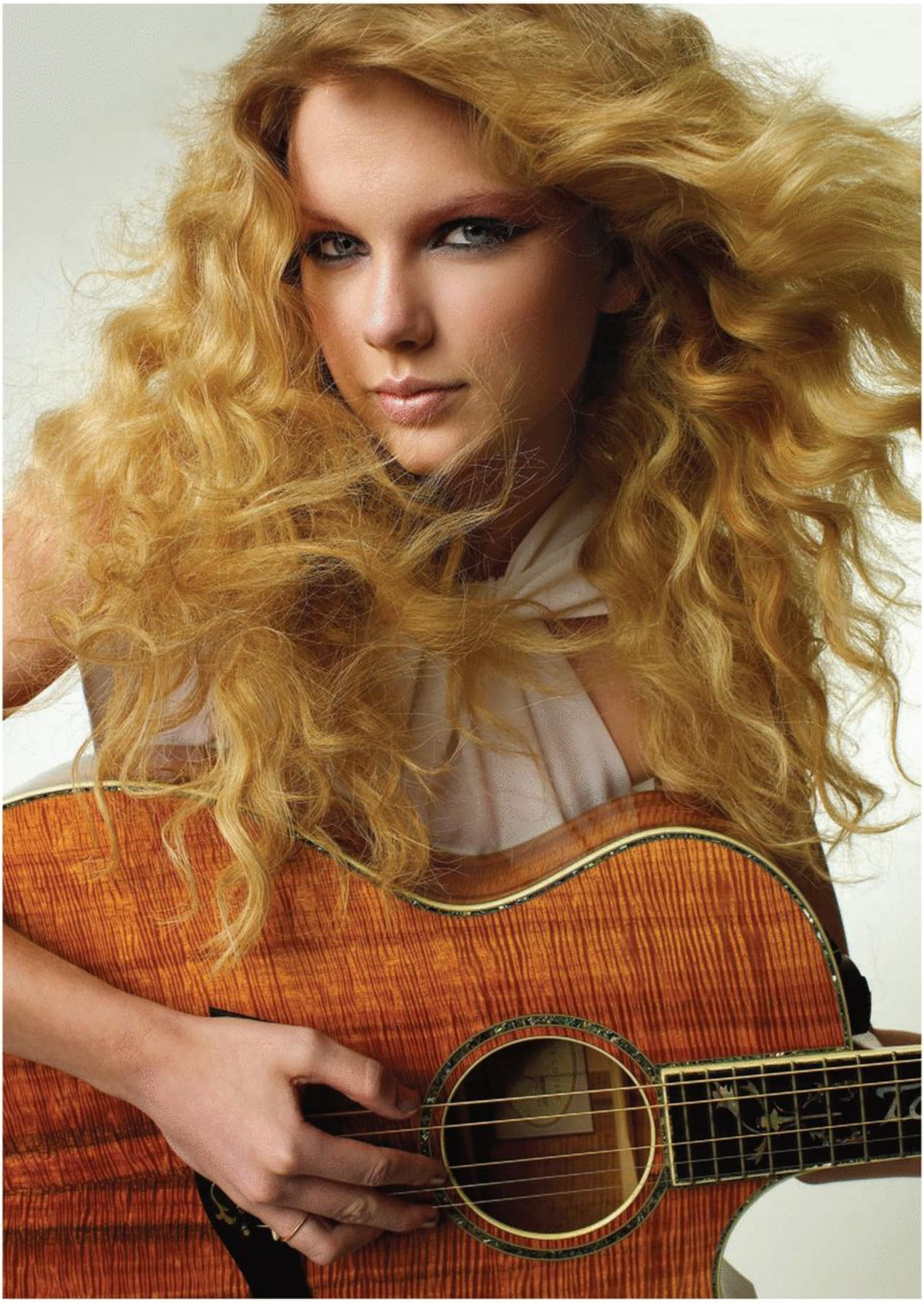
Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the previous page.

Shire ©2009 Shire US Inc. VYV-01136 09/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Peggy Sirota *for* Rolling Stone

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Young people do everything online. Like order millions of magazines.

Somehow, amidst their infatuation with Facebook, YouTube, Twitter and the like, young adults are still making time for another one of their favorite pursuits: reading magazines.

Contrary to popular misperception, the phenomenal popularity of the Internet has not come at the expense of magazines. Readership is actually increasing, and adults between 18 and 34 are among the most dedicated readers. They equal or surpass their over-34 counterparts in issues read per month and time spent per issue.

What's changed isn't people's affinity for magazines but the means by which they acquire them. Last year, nearly 22 percent of all new paid subscriptions were ordered online.

And just as the Internet drives magazine subscriptions, magazines drive Web searches – with nearly double the effectiveness of the Internet itself. Some might call it ironic.

The medium that some predicted would vanquish magazines is actually helping fuel their growth. And vice versa.

MAGAZINES

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BASICS TRAINING
Hardworking khaki shades look suddenly luxe with the addition of brassy accessories and a shiny belt. Sand twill jacket, MICHAEL Michael Kors, $119; 866/709-5677 for locations. Reef rib tank top, Tommy Bahama, $28; tommybahama.com. Cropped pant, Esprit, $80; esprit.com. Stretch hip belt, Tory Burch, $150; toryburch.com. Antique and gold plated necklace, Nugaard Designs, $148; nugaard.com. Silver ball bracelet with pave black diamond Swarovski crystals, Tai Jewelry, $195; at Neiman Marcus stores, 888/888-4757. Goldmetal and gunmetal bracelets, R.J. Graziano, $55 each; 212/685-1248

MAKEUP: SUSAN GIORDANO FOR LANCOME AT KRAMER+KRAMER

up to code

As a designer and builder, Kate Frick demands functional fashion. We added some spit-and-polish to her style with a touch of military chic—for a result that puts everyone at ease.

by KELLY L. PHILLIPS photos PERRY HAGOPIAN styling JONNY LICHTENSTEIN

MEET Kate Frick, 29, co-founder of Brubacher Building Workshop, a contract design firm based in Lawrence, Kansas, that takes on "the design and fabrication of just about anything."

HER FIRM "My partner and boyfriend, Jesse Brubacher, has a background in construction; mine is in fine art and architecture. Recently we've created for clients a bed from salvaged cypress wood, and a credenza from salvaged pine and found locker boxes."

ON DESIGN "The designer-client relationship is different from what it was in the 1950s. We replace the architect, we're the designers and builders rolled into one—we're the direct source."

AFTER HOURS "Gardening is a huge passion of mine, and I've recently quadrupled our growing space. Jesse's 3-year-old daughter, Rhubarb, loves to pick tomatoes off as fast as our plants can grow them."

HER STYLE "My goal is to find fully functional pieces that don't make me look like a guy. My favorite buffalo plaid coat has feminine details like a nipped-in waist and side zipper. Jesse calls it my 'lumberjane jacket.'"

"A big part of my work is using regional resources. Seeing local materials transform into my unique design idea is the most creative part of my work—it's the 'wow' moment for me, each time."

THE SKIRT LOCKER Paired with a work-ready button-down (or standard-issue tee) this vibrant skirt is on active duty in any wardrobe. Military top, Express Studio, $50; express.com. Wool pencil skirt, Nautica, $84; nautica.com. Etna heels, $149; maxstudio.com

magazinesdownload.com

"YOU DON'T HAVE TO REMEMBER TO PUT THE SHEET IN THE DRYER. I LOVE THE SMELL... IT'S LIGHT, IT'S FRESH."

- Rachel, Denver CO

Rachel was given a Bounce dryer bar to try it out on her family of five. She was asked to answer a few questions, and above is just a portion of what she said. She loved the whole idea of stick it and forget it for about 4 months of automatic freshness.

Share your stories at bounceeverywhere.com

©2010 P&G

"I love work wear, but with a woman's cut—I call it 'blue collar chic.'"

PRECIOUS CARGO A splashy scarf spices up off-duty basics just enough. Cargo pant, Kensie, $78; select Dillard's stores. Wool/cashmere T-shirt, Kenneth Cole, $49; kennethcole.com. Dip dye scarf, Tory Burch, $95; toryburch.com

WORKING CLASSY Command attention with a take-charge red shift. Sleeveless shirtdress, The Limited, $80; thelimited.com. Fabric bib necklace, Yochi Design, $58; 212/947-7826. Lambskin leather Isabelle clutch, Felix Rey, $275; felixrey.com

MARCHING ORDERS A knit version of the band jacket is at once spiffy and snuggly. General's jacket, RACHEL Rachel Roy, $109; at Macy's stores. Henley tank, Tommy Bahama Relax, $48; tommybahama.com. Phillips pant, WD-NY, $58; 212/395-9309

MADE IN THE SUEDE Leather shoulder detailing gives a nod to the epaulet. Top with suede lacing, Lauren by Ralph Lauren, $60; at select Macy's. Chain necklace, Nugaard Designs, $90; vionnetboutique.com. Cargo skirt, Banana Republic Heritage, $70; bananarepublic.com. Hip belt, Linea Pelle, $113; lpcollection.com

HARDWARE SCORE No-nonsense polished silver accents build on a classic look. Cardigan, Mac & Jac, $64; myshape.com. Red dolman wing top, RACHEL Rachel Roy, $49; at Macy's stores. Black leather belt, Tommy Hilfiger, $48; tommy.com. Pencil skirt, East 5th, $25; at JCPenney stores

PHOTOS: JEFF HARRIS; TECHNICAL STYLING: CLAIRE TEDALDI

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No other Ultra absorbs faster than Always Ultra. So when your period suddenly changes in flow, you can have a speedy recovery.

Have a Happy Period.

chill out

Keep your cool with a dip into the easy, breezy summertime blues.

by **MELISSA MILRAD GOLDSTEIN**
photos **JEFF HARRIS**
styling by **LAURIE RAAB**

Clockwise from top left: **▶REFRESH** Bracing menthol invigorates the scalp, Ice Blue Shampoo from **The Body Shop**; $9. **▶SMOOTH** **Crabtree & Evelyn**'s La Source Hand Therapy Cream has an ocean-fresh scent; $15. **▶QUENCH** Face Oasis Hydrating Treatment from **H2O+** is a water-based gel that delivers marine extracts to parched summer skin; $34. **▶UNWIND** Skin parched after a day at the beach? Kick back in bath water infused with a blend of Caribbean sea salts, gardenia, patchouli, bergamot, and violet leaf oils in **Molton Brown** Atoll Crystal Bath Soak; $35. **▶ESCAPE** (puddle underneath frozen pop) **Calgon** Morning Glory Foaming Bubble Bath with aloe and vitamin E will—wait for it!—take you away; $4. **▶SOOTHE** Tone down the agita of ingrown hairs with The Cool Fix from **ShaveWorks**; $25. **▶CALM** Mineral salts and sea algae extracts in **Crabtree & Evelyn** La Source Bath Tablets soothe dry skin; $30.

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NEW

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Introducing Veet® Suprem'Essence,™ the new range of hair removal creams with Velvet Rose fragrance and Essential Oils.

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*More women agreed that Veet® Suprem'Essence™ Spray On Hair Removal Cream smelled better than Nair® Lotion Aloe & Lanolin in a double-blind study of 305 women who tried both products. Nair® is a registered trademark of Church & Dwight Co., Inc.

Veet®

What beauty feels like.™

vanishing act

Covering undereye circles is no mean feat, but **Laura Mercier** Under Eye Perfecters do the trick. On their own, the shades look odd—mauve for fair skin, orange for olive and dark tones—because they're meant to counteract the circles' purply hue. Top with your regular concealer and no one will be the wiser; $22.

CLEANUP CREW

If there's one thing sink environs don't need, it's another doohickey taking up counter/cabinet/shelf space. Which is why we have to hand it to **L'Oréal Paris** Go 360° Clean. The face cleanser, which comes in gel, cream, scrub, and sensitive skin versions, provides its own scrublet that ingeniously snaps back into the bottle or suctions onto your mirror or tile. One small step for cluttered-kind; $7.

guiding light

Beauty For Real's Illuminating Lip Gloss takes the guesswork out of low-light lip application. There's a mirror on the side of the tube and an LED light inside the lid. Pretty bright, right? $22.

sheer logic

We know there are still some of you out there dodging the SPF, and we've heard the excuses: Facial sunscreens are too greasy, you like your old non-SPF moisturizer, UV-blocking mineral makeup doesn't feel good. Two words: fluid sunscreen. These watery facial formulas boast serious antioxidant and SPF levels with weightless matte consistencies that make them easy to invisibly layer under makeup. **Anthelios** 60 Ultra Light Fluid, $28; **Neutrogena** Ultra Sheer Liquid, SPF 55, $12; **Kiehl's** Super Fluid UV Defense SPF 50+, $32

APPLICATION PROCESS

Three foundations boast brand-new applicators. The benefit for you: a seamless, smooth look, no extra tools required.
ROLL L'Oréal True Match Roller; $15.
BLOT Maybelline Age Rewind Eraser; $13.
VIBRATE Lancôme Oscillation Foundation; $48.

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36C – 42DD,
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Don't get browbeaten! Give yourself an instant facelift with a perfectly shaped DIY eyebrow. It's cheap *and* easy.

by **MELISSA MILRAD GOLDSTEIN**

SHAPE UP

First-timers may want to get an initial shaping from a pro—but doing or maintaining brows on your own is a cinch if you follow what tweezing guru Anastasia Soare calls the Golden Ratio. Using your features to determine beginning, middle, and end, the three-point GR will leave you with perfectly proportionate brows. Start with a comfortable pair of tweezers, some good lighting, and, of course, a little pluck.

1. Hold an eyeliner pencil vertically against the side of your nose so it lines up with the center of your nostril. We like **Rimmel London's** Soft Kohl Kajal Eye Pencil in Pure White, $4. This shade is easy to see on any skin tone. Use the pencil to mark where it hits the brow—this is where your brow should begin.

2. Find where the high point of your arch should be by keeping the pencil flush against the side of your nose and tipping it so it forms a line that runs through the outside of the pupil. Again, mark the spot.

3. Tilt the pencil diagonally from the nostril to the outer corner of your eye. Place a mark here, where your brow should end.

TWEEZEY DOES IT

Use the pencil to draw a gradually curved line that connects the three points. With a slanted tweezer (try the **Revlon** True Precision, $13), pull any strays that grow below the line. Alternate brows every few plucks to maintain symmetry and avoid overplucking.

THE FINAL TOUCH

Brush hairs downward with a wiry wand (such as **Sonia Kashuk**'s Spoolie, $2) and outline the upper edge with a color-coordinated pencil (**Anastasia Beverly Hills** Brow Pen, $21). Sweep the hair back up, fill in sparse areas, and brush out well.

S-O-S!

Overpluckers can repair a balding browline with **Rapid Lash** Eyelash Renewal Serum, $50. We used it after a shaping mishap and in a few weeks hair grew back fuller than before.

PHOTO: VEER

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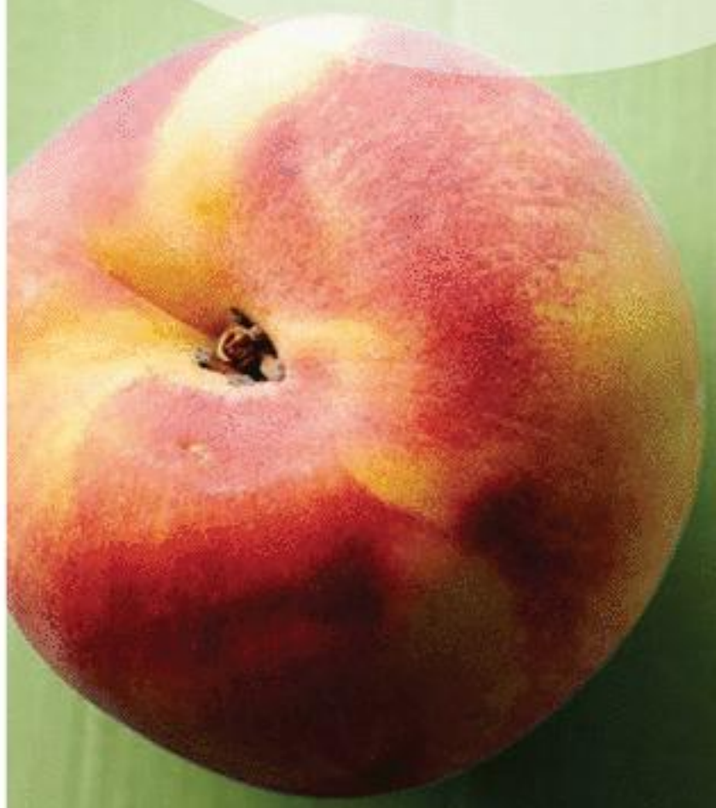
50 WAYS TO EAT A PEACH



Come August it's easy to get a warm, fuzzy feeling for this fetching fruit—its sweet scent hits you at the supermarket door. Because you can't eat just one, here are a slew of ideas for starters, sides, drinks, main dishes, and, of course, dessert.

written and recipes by ERIN SIMPSON photos ANDY LYONS food styling JILL LUST prop styling SUE MITCHELL

1. Peach Bruschetta Slice a disk of goat cheese and let soften slightly while you toast baguette slices and chop a few peaches. Spread the cheese on the bread, add the peaches, and drizzle with honey.
2. Ham-Wrapped Peaches Top a thick peach wedge with a basil leaf. Wrap in a slice of ham and serve as a quick starter or snack 3. Peach and Sausage Skewers Thread thick slices of kielbasa sausage and peach chunks on skewers. Grill until golden. 4. Peach-Pecan Tea Sandwiches Layer softened cream cheese, toasted pecans, and thinly sliced peaches on white bread. Trim the crust and cut in half.

5. PEACH AND BLACKBERRY SLAW Recipe page 176

Find more issues at magazinesdownload.com

6. CHEDDAR-STUFFED TURKEY BURGERS WITH PEACH KETCHUP Recipe page 176

7. Peach Basmati Rice Salad Toast a few whole cloves and cumin seeds in a little oil in a saucepan. Stir in basmati rice, add water and cook according to package. Toss with chopped peaches and serve as a cool side to a spicy main dish.

8. Steaks with Peach Sauce Pan-fry a pair of steaks; set aside. Add sliced peaches to the hot pan. After a minute or so pour in half a cup of red wine. Shake and swirl pan to deglaze; cook until wine is reduced by half. Sprinkle with thyme and spoon over steaks.

9. PEACHY PO-BOY Recipe page 176

10. Pickled Peach Relish At least a day before a cookout, heat about a quarter cup of cider vinegar with 2 tablespoons of sugar and hefty pinches of celery seeds, mustard seeds, and crushed red pepper. Stir in a couple of chopped peaches. Refrigerate overnight. Serve alongside hot dogs and burgers.

11. Peach-Wheat Berry Salad For a simple salad, toss chopped peaches with cooked wheat berries, scallions, and equal parts olive oil and lemon juice.

12. PEACH-GLAZED PORK CHOPS Recipe page 177

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13. Turkey-Swiss Peach Rolls Spread small crusty rolls with Dijon mustard mixed with a little mayo and poppy seeds. Fill with thinly sliced turkey, Swiss cheese, and peaches. 14. Peach Salsa Fish tacos just got better. Toss chopped peaches with sliced green onion, chopped jalapeño, cilantro, a big squeeze of lime juice, and a pinch of salt.

15. ROASTED PEACH PIES WITH BUTTERSCOTCH SAUCE Recipe page 177

16. Peach-Vanilla Waffles Pop frozen waffles in the toaster. Meanwhile, warm sliced peaches in butter with a few drops of vanilla. Spoon over waffles.
17. Peach Bran Muffins When you have a bunch of not-so-ripe peaches on hand, slice and sauté in a little honey just until coated and syrupy. Add a couple of slices to the top of your favorite bran muffin recipe just before baking.
18. Peach Biscuit Sandwich Layer peach slices, ham, and cheddar cheese in fresh or leftover biscuits. Wrap in foil. Bake in a 375°F oven until warm. 19. Grilled Peach Salad Brush peach halves with a vinaigrette. Grill cut sides down until grill marks form and peaches start to soften. Serve over greens with feta cheese and fresh mint.
20. Peach Glaze Cook peach slices in a saucepan with butter and brown sugar. Serve warm over ice cream or cake.
21. Single-Serving Peach Crisp Mix together a little brown sugar, crushed granola, and butter. Sprinkle over a peach half and bake at 375°F until topping is bubbly and peach is tender.
22. Cinnamon Peach Shortcakes Toss chopped peaches with a large spoonful or two of sugar. Let sit about half an hour to get syrupy. Serve in shortcakes with whipped cream spiced with cinnamon.
23. Ginger Peach Upside-Down Cake Switch up your favorite pineapple upside-down cake recipe by swapping peach quarters, dotted with slivers of fresh ginger, for the pineapple slices.
24. Peach Lassi For a peach version of the Indian drink, blend chopped peaches, plain yogurt, a little milk, and honey together. Dust with curry powder to taste. (*For 25 more see page 174.*)

< 25. PEACH AND TOMATO PASTA
Recipe page 178

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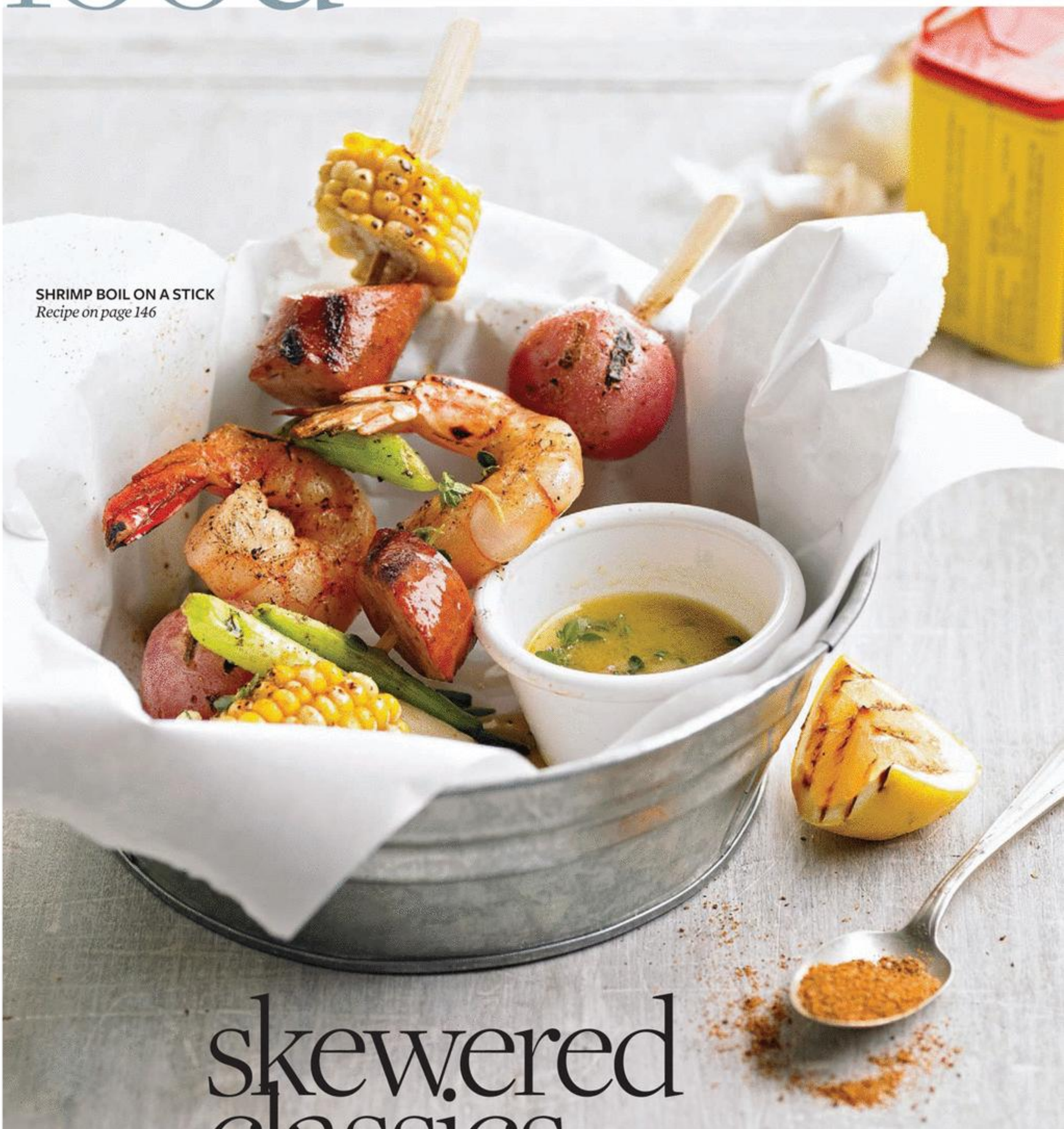

SHRIMP BOIL ON A STICK
Recipe on page 146

skewered classics

written and recipes by **MAGGIE MEYER**
photos **ANDY LYONS** food styling **JILL LUST**

Summer cooking just got more fun. Ditch the silverware and use your creativity to give timeless recipes a playful spin.

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If pasta could fantasize, this would be noodle nirvana.

Newman's Own® All-Natural Alfredo Sauce.

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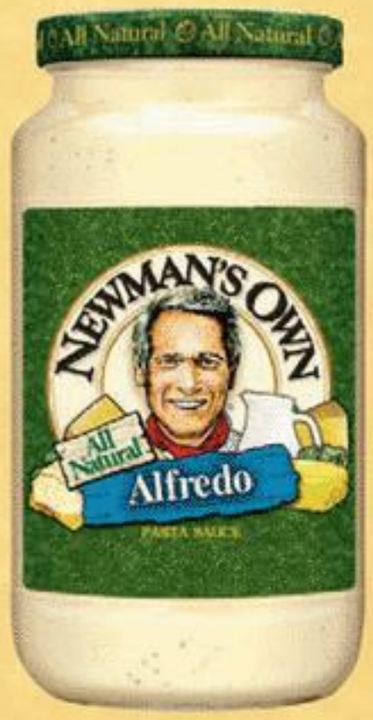

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easy skewering

- When using wooden skewers, soak in enough water to cover 30 minutes before using to avoid burning.
- Give food pieces room to cook. Allow ¼-inch space between items so the heat can circulate and crisp all the edges.
- To keep meat and veggies from spinning on the skewer, thread food pieces through two parallel skewers.

GRILLED BLT SKEWERS

A skewered salad makes a fun appetizer for late-summer gatherings. The dressing can be made up to 2 days ahead and stored in the refrigerator.

PREP: 35 MIN. GRILL: 10 MIN.

- ⅓ cup lemon juice
- ⅓ cup olive oil
- 2 Tbsp. snipped fresh basil
- 1 heart of romaine lettuce, quartered lengthwise
- 1 cup cherry tomatoes
- 1 medium avocado, halved, seeded, peeled, and cut in 1½-inch chunks
- ½ of a 16-oz. loaf ciabatta bread, cut in 1-inch cubes
- 8 slices thick-sliced bacon
- 1 recipe Basil Buttermilk Dressing, *below*
- Lime wedges (optional)

1. In a large bowl whisk together lemon juice, olive oil, basil, ¼ tsp. *salt*, and ⅛ tsp. *pepper*. Brush some of mixture on lettuce quarters. Add tomatoes and avocado pieces to lemon mixture, tossing gently to coat. Transfer to another bowl using a slotted spoon; set aside. Toss bread cubes with remaining lemon mixture. Set aside.

2. Line a large microwave-safe plate with a double thickness of paper towels. Place 4 of the bacon slices on the paper towels in a single layer. Microcook, uncovered, on 100% power (high) 1½ to 2 minutes or until bacon is almost cooked through but still pliable (do not let get crisp). Transfer bacon to another plate to cool slightly. Repeat with remaining bacon slices.

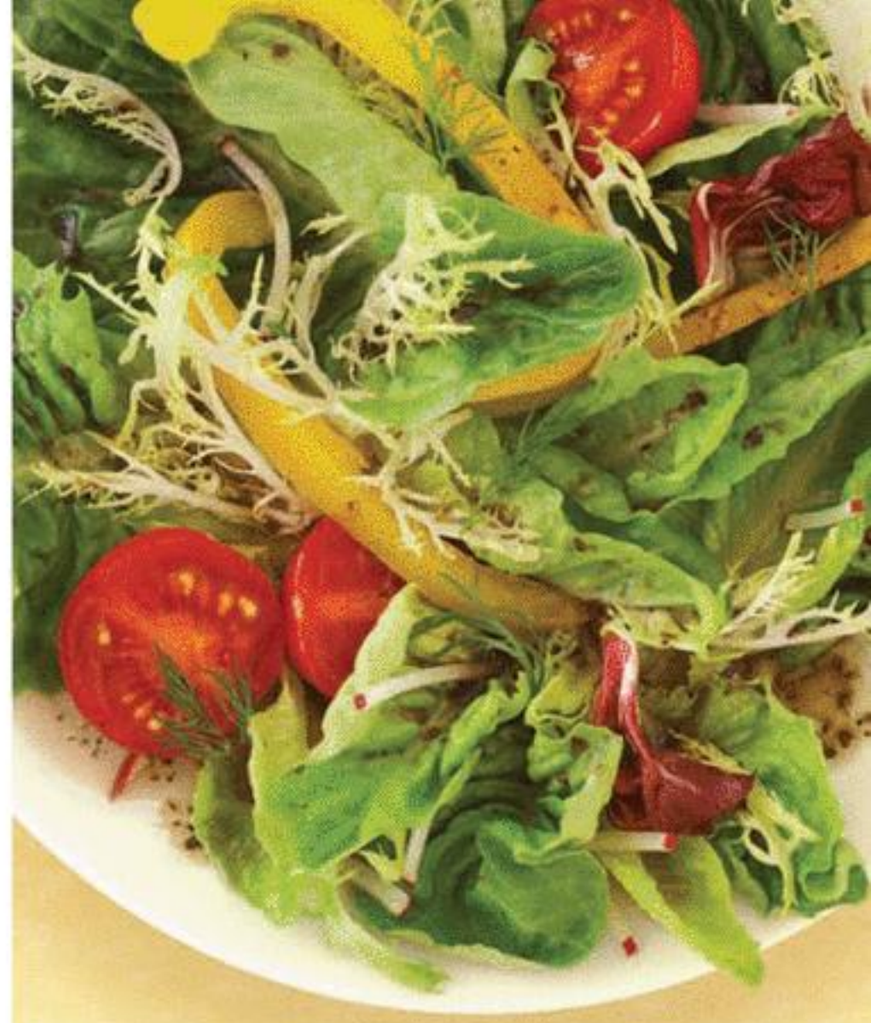
3. On four 12-inch skewers (see "Easy Skewering," *above*) alternately thread tomatoes and avocado pieces. Thread bacon slices accordion-style and bread cubes onto eight 12-inch skewers.

4. For charcoal grill, arrange medium-hot coals around a drip pan. Place bacon skewers on grill rack over pan. Cover; grill 10 minutes or until bread is golden and bacon is cooked through and just crisp, turning once. Add tomato skewers and lettuce to edge of grill rack above coals the last 2 minutes of grilling, turning once. (For gas grill, preheat grill; reduce heat to medium. Adjust for indirect cooking. Cover and grill as above.)

5. To serve, place one lettuce quarter on each of 4 serving plates. Top with one tomato skewer and one or two bacon skewers. Serve with Basil Buttermilk Dressing and lime wedges. **MAKES 4 SERVINGS.**

BASIL BUTTERMILK DRESSING In a small bowl, whisk together ⅓ cup *buttermilk*; ¼ cup *mayonnaise*; 1 Tbsp. *lime juice*; 1 clove *garlic*, minced; 1 Tbsp. snipped fresh *basil*; ¼ tsp. *salt*; and ⅛ tsp. *cayenne pepper*. Makes about ⅔ cup.

EACH SERVING *619 cal, 47 g fat, 26 mg chol, 1,227 mg sodium, 38 g carbo, 5 g fiber, 15 g pro.*



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BLUE CHEESE BURGER KABOBS

SHRIMP BOIL ON A STICK

PREP: 45 MIN. GRILL: 8 MIN.

- 12 fresh or frozen jumbo shrimp in shells
- 3 ears fresh sweet corn
- 1 lb. tiny new potatoes
- 1 lb. andouille sausage, cut in 1-inch pieces
- 6 green onions, cut in 2-inch lengths
- ¼ cup olive oil
- 1 Tbsp. Old Bay seasoning
- 2 lemons, cut in wedges
- 1 recipe Thyme Lemon Butter, *below*

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact. Remove husks from corn. Scrub to remove silks; rinse. Cut corn cobs in 1-inch pieces.
2. Meanwhile in Dutch oven cook potatoes, covered, in boiling salted water for 5 minutes. Add corn; return to boiling. Cook 5 minutes more or until vegetables are just tender. Drain. Set aside; cool slightly. On twelve 10-inch presoaked skewers (see "Easy Skewering," *page 145*), thread shrimp, sausage, potatoes, corn, and green onions.
3. In bowl stir together olive oil and seasoning mix; brush over skewers.
4. For charcoal grill, grill skewers on greased rack of uncovered grill directly over medium-high coals for 8 to 10 minutes or until shrimp are opaque, turning once halfway through and adding lemon wedges the last 2 to 3 minutes of grilling. (For gas grill, preheat grill. Reduce heat to medium-high. Place skewers on greased grill rack over heat. Cover; grill as above.) Serve with Thyme Lemon Butter. **MAKES 6 SERVINGS.**

THYME LEMON BUTTER In small saucepan, combine juice of half a *lemon*, 2 Tbsp. *white wine* or *chicken broth*, 1 clove minced *garlic*, and 1 Tbsp. chopped fresh *thyme*. Bring to boiling. Gradually whisk in ¼ cup *butter* (cut in small cubes) until all the butter is melted. Remove from heat.

EACH SERVING *682 cal, 48 g fat, 202 mg chol, 1,445 mg sodium, 28 g carbo, 5 g fiber, 37 g pro.*

BLUE CHEESE BURGER KABOBS

PREP: 30 MIN. CHILL: 1 HOUR GRILL: 14 MIN.

- 2 cloves garlic, minced
- 2 Tbsp. dry red wine or beef broth
- 1 Tbsp. Worcestershire sauce
- 1 cup coarsely chopped parsley (½ of a small bunch)
- 1 lb. ground sirloin or 85% lean ground beef
- 2 oz. coarsely crumbled blue cheese
- 1 small red onion, cut in wedges
- 1 6- to 8-oz. pkg. large cremini mushrooms
- 2 Tbsp. olive oil
- 4 hamburger buns, split
- 2 cups arugula
- Blue cheese wedges (optional)

1. In large bowl combine garlic, wine, Worcestershire, parsley, ¼ tsp. *salt*, and ⅛ tsp. *pepper*. Add meat; mix well. Gently stir in crumbled blue cheese until just combined. Form meat into 12 meatballs. Cover and chill at least 1 hour.
2. On four 12-inch presoaked skewers (see "Easy Skewering," *page 145*), thread meatballs, red onion, and mushrooms. Brush onion and mushrooms lightly with olive oil and sprinkle with *salt* and *pepper*.
3. For charcoal grill, place kabobs on greased grill rack directly over medium coals. Grill, uncovered 14 to 16 minutes or until meat is no longer pink (160°F), carefully turning once halfway through grilling. Add hamburger buns and grill the last 1 to 2 minutes until toasted. (For a gas grill, preheat grill; reduce heat to medium. Cover and grill as above.)
4. Serve kabobs with buns, arugula, and blue cheese wedges. **MAKES 4 SERVINGS.**

EACH SERVING *571 cal, 34 g fat, 64 mg chol, 813 mg sodium, 31 g carbo, 2 g fiber, 32 g pro.*

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COCONUT FRUIT S'MORES

Swap the blackberries for your favorite summer fruits, such as strawberries, blueberries, or plum slices.

PREP: 25 MIN. OVEN: 500°F

- 4 oz. dark or semisweet chocolate, chopped
- 3 Tbsp. butter, melted and cooled
- ⅓ cup flaked coconut
- 12 marshmallows
- 1⅓ cups fresh blackberries
- 24 graham cracker squares

1. Preheat broiler. Place chocolate in a small microwave-safe bowl. Microcook on 50% power (medium) 1½ minutes. Let stand 5 minutes. Stir until smooth. Let cool for 10 minutes.

2. Line a baking sheet with foil; lightly coat with *nonstick cooking spray*.

3. Place butter and coconut each in a shallow dish; roll marshmallows in butter and then coconut. Thread berries and marshmallows on 6-inch skewers and place on prepared baking sheet. Sprinkle any remaining coconut atop marshmallows. Spoon chocolate onto *half* of the graham crackers and arrange on a platter.

4. Broil skewers 3 to 4 inches from heat for 1 to 1½ minutes or until coconut is lightly browned and marshmallows are puffed, turning once halfway through.

5. To serve, immediately top each chocolate-coated graham cracker with a skewer. Use *remaining* graham crackers to pull marshmallows and berries off skewers and form sandwiches. **MAKES 12 SERVINGS.**

EACH SERVING *150 cal, 9 g fat, 8 mg chol, 120 mg sodium, 25 g carbo, 2 g fiber, 2 g pro.*

get creative

The possibilities are endless when it comes to kabobs:

- For savory dishes, try rosemary sprigs or lemongrass stalks for a flavorful alternative to wooden or metal skewers.
- Assemble a fuss-free platter of antipasti. Thread pieces of cheese, prosciutto, and olives on cocktail skewers; no cooking required.
- Serve kabobs on pitas or flatbreads for easy eating on the go. Hold the bread in one hand and use it to pull grilled meat off the skewer.

Find more recipes and summer cooking tips at BHG.com/grilling.

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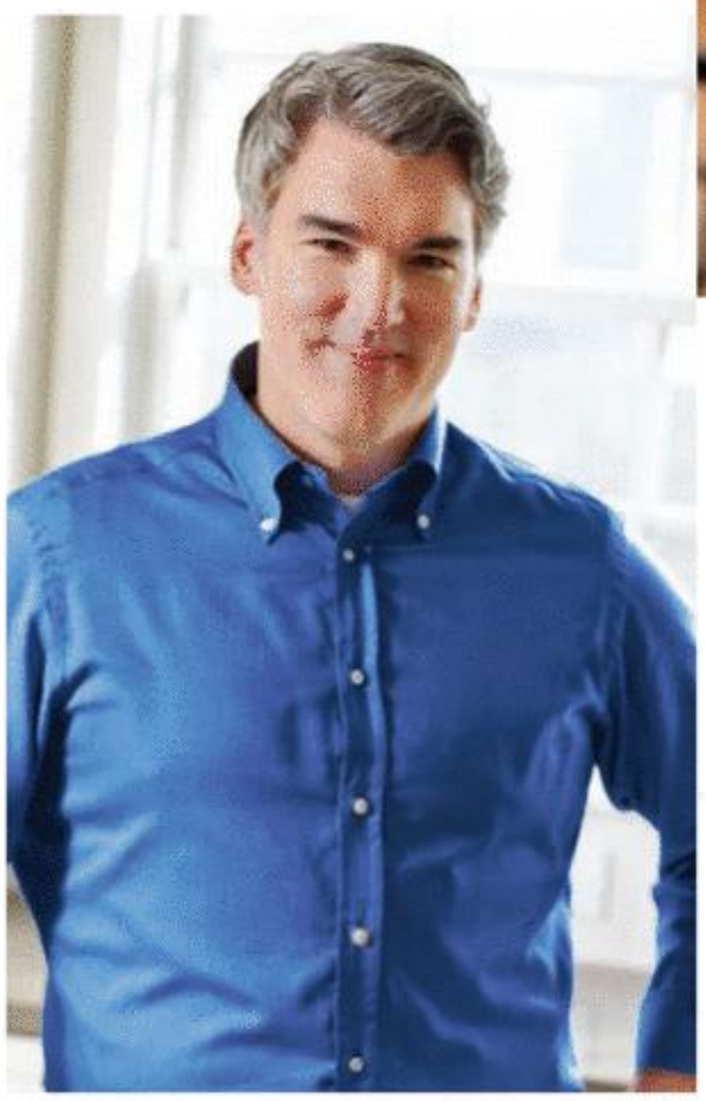
SCOTT PEACOCK'S

apple crisp

by RICHARD SWEARINGER
produced by NANCY WALL HOPKINS and SCOTT PEACOCK photos ANDY LYONS
recipe SCOTT PEACOCK
food styling JILL LUST



USE THE RIGHT APPLES, FRESHLY GROUND SPICES—AND YOUR HANDS—TO MAKE THE BEST VERSION OF THIS CLASSIC DISH.

"You can always add sweetness, so look for firm apples that have great flavors," says chef Scott Peacock. "Winesaps are my favorite, but you can also use Rome, McIntosh, Jonathan, Golden Delicious, or the foolproof Granny Smith."

For the best cinnamon and nutmeg flavor, there's no substitute for grinding or grating your own spices. "Compared to preground, they're a revelation," says Scott.

The topping ingredients are everyday standards: flour, sugars, and butter; but mixing by hand will ensure a just-right crumbly, crisp texture. "You'll be able to *feel* when it's ready," Scott says. "Using your fingers is the best and most efficient method. Personally, I find it meditative and calming."

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the ideal apple crisp

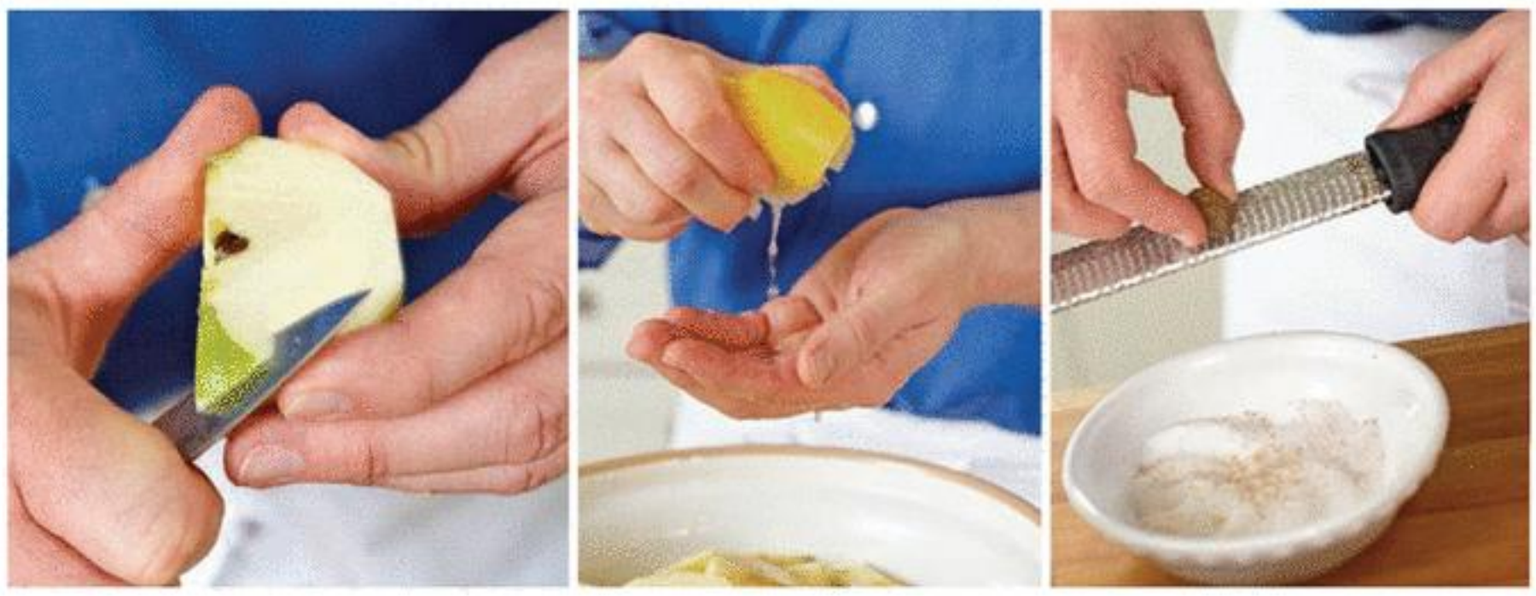
IS ALMOST *TOO* FULL OF THE SEASON'S NEW-HARVEST APPLES. THIS DESSERT IS ALSO A GOOD TRAVELER—NO REFRIGERATION NEEDED, AND IT REHEATS LIKE A DREAM.

INGREDIENTS

- 1½ cups unbleached all-purpose flour
- 1 cup granulated sugar
- ⅓ cup packed brown sugar
- ¾ tsp. freshly ground cinnamon* or cinnamon
- ½ tsp. kosher salt or ¼ tsp. salt
- ⅔ cup unsalted butter, cut in pieces
- 8 cups peeled apples, sliced ½ inch thick
- 2 Tbsp. fresh lemon juice
- ¼ to ⅓ cup granulated sugar
- 1 Tbsp. unbleached all-purpose flour
- ½ tsp. kosher salt or ¼ tsp. salt
- ⅛ tsp. freshly grated nutmeg**
- Butter for baking dish
- Whipping cream or Rich Custard Sauce (for the recipe go to **BHG.com/americanclassics.**

* To grind your own cinnamon, place a 1½-inch section of stick cinnamon in a spice mill or a coffee grinder set aside just for spices; grind to a fine powder.
**Grate nutmeg with a nutmeg grater (find at kitchenware shops and some supermarkets).

TAKE IT FROM THE TOP Preheat your oven to 375°F. In a large bowl, combine the 1½ cups flour, 1 cup granulated sugar, brown sugar, cinnamon, and ½ tsp. salt. With your fingers, work butter into flour mixture until it just begins to cling together. "Work it just past the just crumbly stage," says Scott. The topping can be made in advance; store it for up to a week in the refrigerator or a month carefully wrapped and frozen. "I like to keep some on hand, then make an individual crisp using a single apple baked in a ramekin or custard cup."



PREPARE FILLING In a 4-quart bowl toss together apples and lemon juice. "I like my apples a little thicker than for a pie," Scott says. "Slice them too thin and the apples will collapse and cook down to sauce." When adding lemon juice, forgo the squeezer and use your fingers to catch the seeds. "I love the efficiency and pleasure of using my hands to cook," Scott says. In a small bowl combine the ¼ to ⅓ cup sugar, 1 tablespoon flour, salt, and nutmeg. "A light grating of fresh nutmeg plays well against the acidity and sweetness of the apples." Use the lesser amount of sugar for sweeter apples, Scott says.

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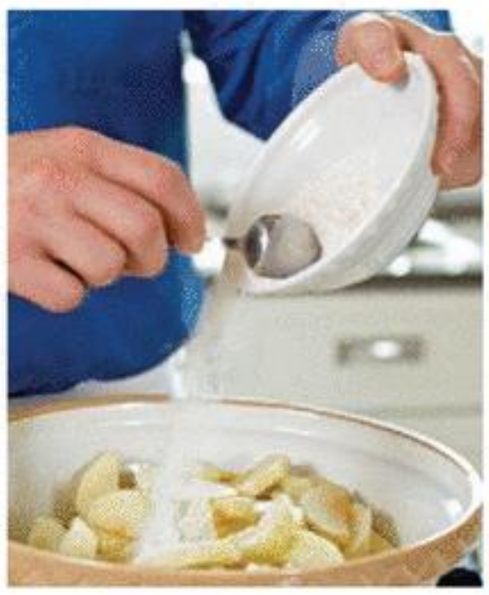
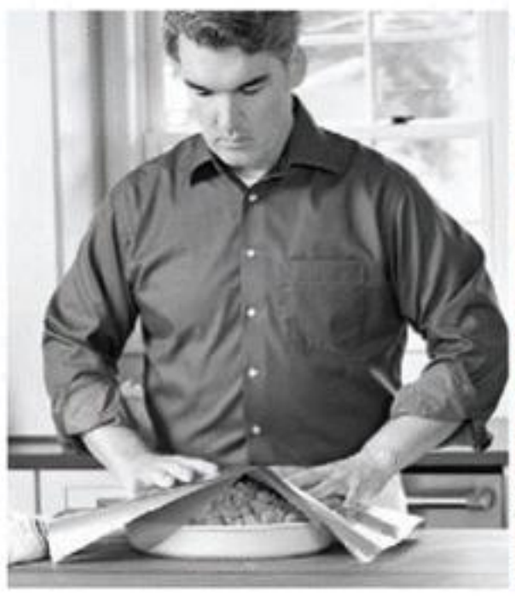


TOSS APPLES Sprinkle apples with sugar-nutmeg mixture, then with your hands, mix together. Heap into a lightly buttered 2-quart baking dish. "Apples collapse a good bit during cooking, so it is important to pile them above the rim of the baking dish," says Scott. "Otherwise you can end up with a sunken crisp." Cover the top of the apples with the crumb mixture, breaking up large pieces as necessary to cover.

"Once you understand the proportions and technique, crisps are easy to personalize. Use ginger rather than cinnamon for a delicious peach or plum crisp."



BAKE Cover the crisp first with parchment, then foil. "This eliminates the chance of any 'tin can' flavor in the crisp," Scott says. Place on a foil-lined baking sheet and bake in the preheated oven for 20 minutes. Carefully remove foil and paper from the opposite side of the pan (to keep steam away from your face and hands). Return to oven; bake 30 to 40 minutes more or until top is golden and apples are just tender when pierced with the tip of a paring knife. To ensure the flour in filling is cooked, bake until thickened juices bubble up from the fruit. Let cool 15 to 30 minutes before serving. Serve with whipping cream or Scott's Rich Custard Sauce. **EACH SERVING** *368 cal, 13 g fat, 33 mg chol, 237 mg sodium, 64 g carbo, 2 g fiber, 2 g pro.*

Want to learn more? For additional how-to photos, and to watch chef Scott Peacock demonstrate this recipe and others, go to *bhg.com/americanclassics*.

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TOP ROUND

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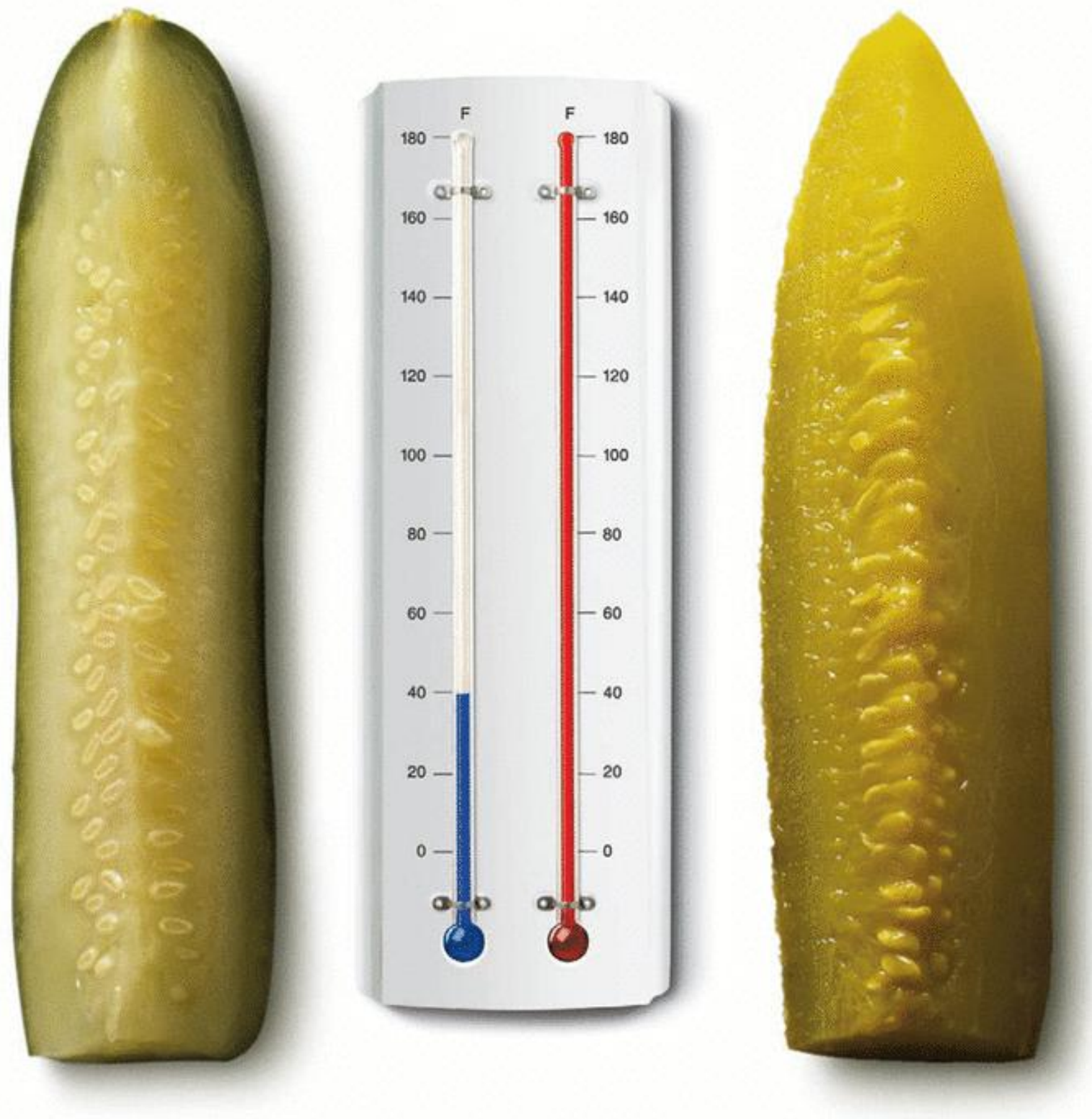
FRESH PICKLE.



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simply summer

These fresh, flavorful meals help fill up the family without slowing you down.

by **MADISON MAYBERRY** photos **ANDY LYONS** recipes and food styling **JILL LUST**

fast! READY IN 30 MINUTES

1 chickpea salad with grilled pita

START TO FINISH 15 minutes
BUDGET $2.31 per serving

CHICKPEA SALAD WITH GRILLED PITA

- 2 15-oz. cans no-salt-added garbanzo beans (chickpeas) or regular garbanzo beans (chickpeas), rinsed and drained
- 6 Campari or roma tomatoes, sliced
- 4 oz. crumbled feta cheese with tomato and basil
- ¼ cup lightly packed small fresh mint leaves
- ⅓ cup white wine vinegar
- ¼ cup olive oil
- 1 to 2 pita bread rounds

1. In large bowl combine beans, tomatoes, feta, and mint. In a screw-top jar combine vinegar, oil, 1 Tbsp. *sugar*, and ½ tsp. *black pepper;* shake to combine. Pour over salad mixture; set aside.

2. Grill pita bread on an indoor or outdoor grill over medium heat until warm and toasted. Transfer to a cutting board and cut in wedges. Serve salad mixture with pita wedges. **SERVES 4.**

EACH SERVING *454 cal, 22 g fat, 21 mg chol, 878 mg sodium, 49 g carbo, 10 g fiber, 17 g pro.*

It takes 12 muscles to smile or 3 simple ingredients.

Just potatoes, all-natural oil & a dash of salt.

Happiness *is* simple®

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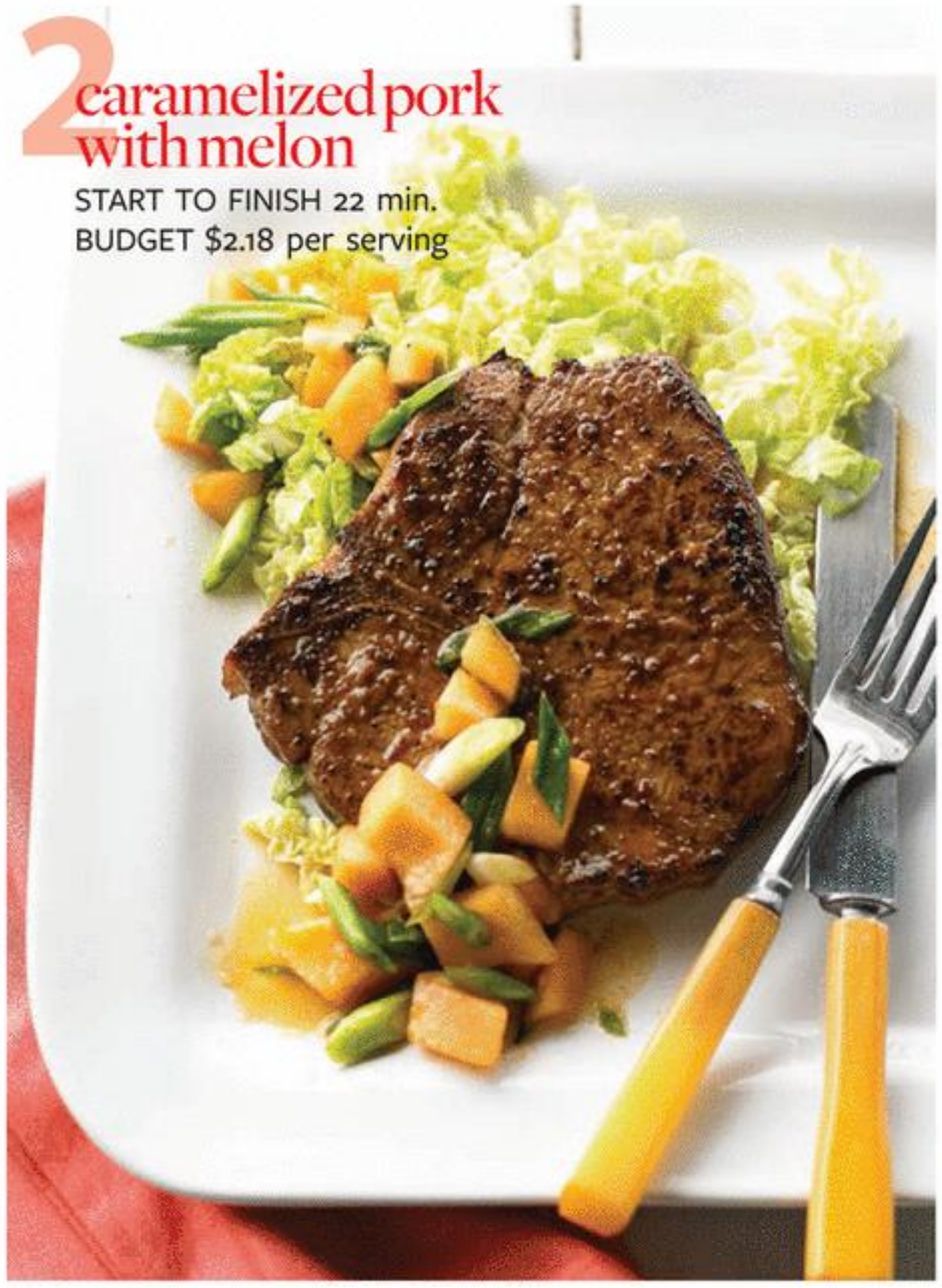
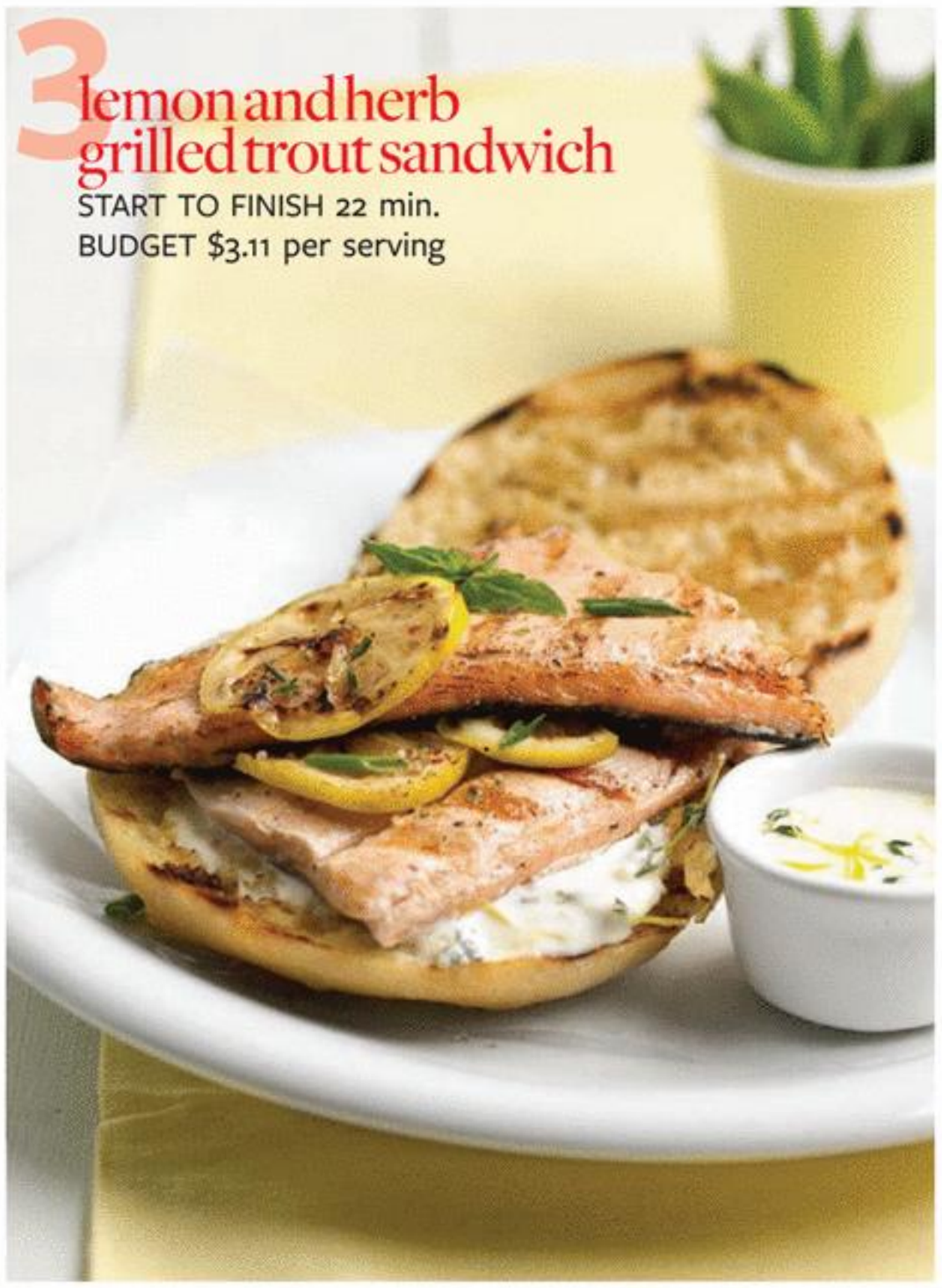
2 caramelized pork with melon

START TO FINISH 22 min.
BUDGET $2.18 per serving



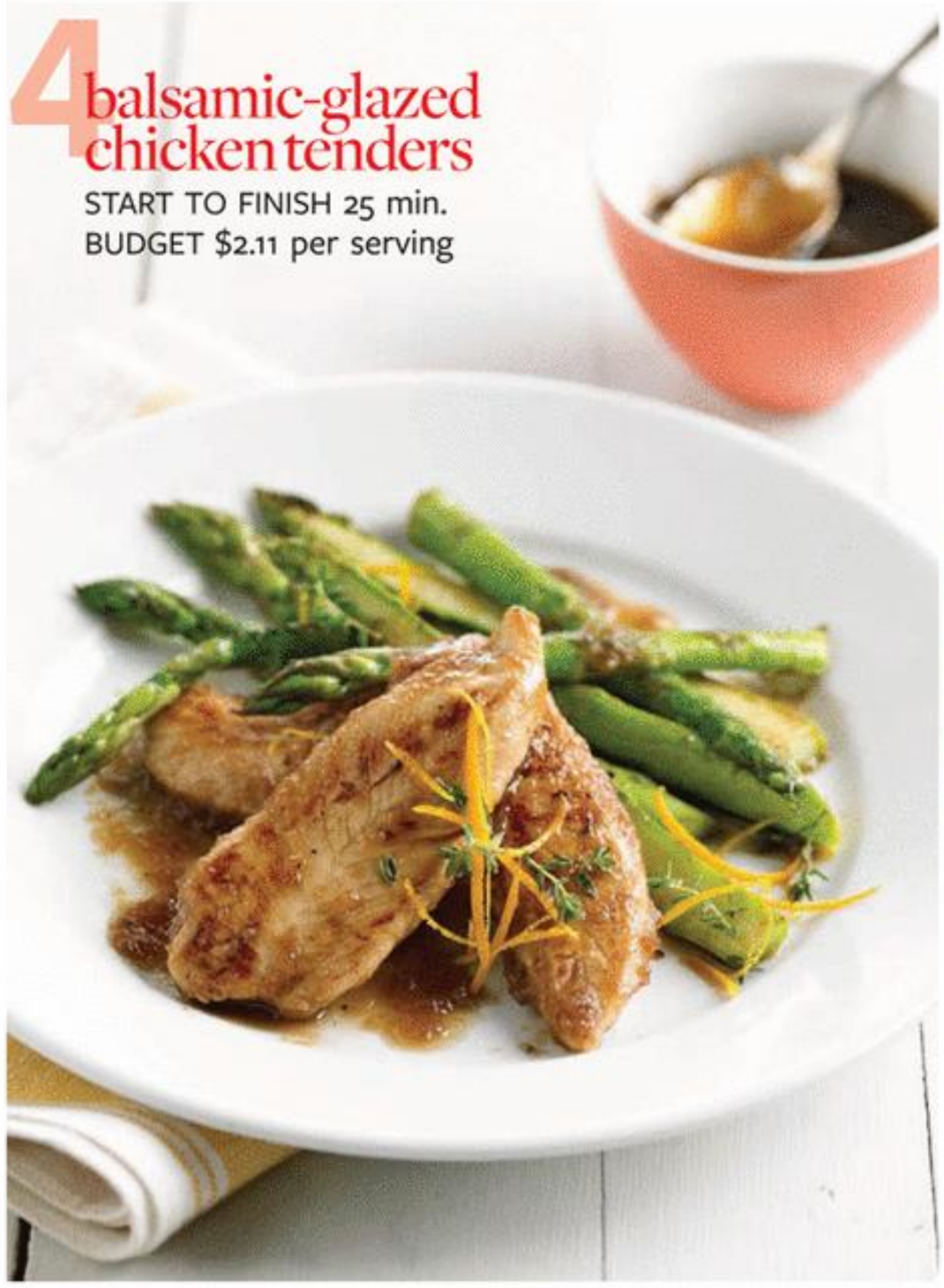
3 lemon and herb grilled trout sandwich

START TO FINISH 22 min.
BUDGET $3.11 per serving



4 balsamic-glazed chicken tenders

START TO FINISH 25 min.
BUDGET $2.11 per serving



5 pan-fried garlic steak

START TO FINISH 20 min.
BUDGET $2.90 per serving

LEMON AND HERB GRILLED TROUT SANDWICH

- 1 large lemon
- ½ cup mayonnaise
- ¼ cup snipped fresh basil or 2 Tbsp. snipped fresh dill
- 1 lb. ruby or rainbow trout fillets
- 4 ciabatta buns, halved
- Fresh basil (optional)

1. Finely shred peel and squeeze juice from half of the lemon; thinly slice the remaining half and set aside. In small bowl combine mayonnaise, lemon peel, lemon juice, basil, and ¼ tsp. each *salt* and *black pepper*.
2. Rinse fish; pat dry. Remove *2 Tbsp.* of the mayonnaise mixture and brush on fish. On a grill, place fish, skin side up, directly over medium-high heat; grill 1 minute. Carefully turn skin side down and grill 5 to 7 minutes more or just until fish flakes easily with a fork. Add lemon slices and halved buns, cut side down, to the grill after turning fish.
3. Remove fish, buns, and lemon slices from grill. Remove skin from fish, if desired. Cut fish into bun-size pieces. Top bun bottoms with some of the mayonnaise mixture. Add fish, lemon slices, and additional basil. Pass any remaining mayonnaise mixture. **SERVES 4.**
EACH SERVING *518 cal, 30 g fat, 77 mg chol, 667 mg sodium, 32 g carbo, 3 g fiber, 29 g pro.*

CARAMELIZED PORK WITH MELON

- 1 small cantaloupe
- ¼ cup orange juice
- 3 Tbsp. hoisin sauce
- 4 center cut pork chops, ½ inch thick
- 3 green onions, thinly sliced
- Shredded Napa cabbage (optional)

1. Remove rind and seeds from the cantaloupe; chop. Place *2 cups* chopped cantaloupe in food processor or blender; add orange juice and process until smooth. Transfer ½ cup of the pureed melon to a small mixing bowl; add hoisin. Strain remaining puree, reserving juice and discarding solids.
2. Sprinkle pork lightly with *salt* and *black pepper;* brush generously with the hoisin mixture. Heat 1 Tbsp. *oil* in a 12-inch skillet. Add chops to skillet and cook for 3 to 4 minutes on each side or until well browned and only a trace of pink remains (160°F).
3. Meanwhile, combine *remaining* chopped melon, strained juice, and green onions. Remove chops from skillet; add remaining sauce mixture to skillet. Cook and stir until heated through. Spoon onto serving plates. Top each with a chop. Add melon mixture to skillet to warm slightly. Serve over chops with shredded Napa cabbage. **SERVES 4.**
EACH SERVING *327 cal, 10 g fat, 117 mg chol, 452 mg sodium, 19 g carbo, 2 g fiber, 39 g pro.*

PAN-FRIED GARLIC STEAK

- 4 4- to 5-oz. beef ribeye (Delmonico) steaks, cut ½ inch thick
- 6 cloves garlic, peeled and thinly sliced
- 2 Tbsp. butter
- 1 15- to 19-oz. can cannellini beans (white kidney beans)
- ¼ cup snipped fresh Italian (flat-leaf) parsley

1. Drizzle steaks lightly with *olive oil;* sprinkle with *salt* and *black pepper*.
2. Heat a 12-inch heavy skillet over medium-high heat. Add steaks and reduce heat to medium. Cook steaks for 3 to 4 minutes per side or until desired doneness (145°F for medium-rare). Remove steaks from skillet; cover and keep warm. Add garlic slices to pan. Cook and stir 1 minute or until softened; remove from pan.
3. Add butter and beans to skillet; heat through. Add parsley and cook 1 minute more. Top steaks with garlic and serve with beans. **SERVES 4.**
EACH SERVING *326 cal, 18 g fat, 81 mg chol, 415 mg sodium, 16 g carbo, 5 g fiber, 29 g pro.*

Plan meals using Everyday Easy recipes at BHG.com/mealideas

BALSAMIC-GLAZED CHICKEN TENDERS

- 1 small orange
- ⅔ cup cinnamon applesauce
- ¼ cup balsamic vinegar
- ½ tsp. ground cardamom or ¼ tsp. ground nutmeg
- 1 lb. chicken tenders
- 2 tsp. vegetable oil
- Fresh thyme sprigs (optional)

1. Finely shred peel from orange; set aside. Juice orange. In medium saucepan combine applesauce, vinegar, cardamom, juice from the orange, and ½ tsp. each *salt* and *black pepper*. Bring to boiling over high heat. Reduce heat to low. Cook, uncovered, stirring occasionally 10 minutes. Remove from heat and cover to keep warm.
2. Season chicken lightly with *salt* and *black pepper*. Heat oil in 12-inch nonstick skillet over medium high heat. Add chicken; cook until golden brown on bottom, about 4 minutes. Turn chicken and add ½ *cup* of the applesauce mixture to skillet. Cook 2 to 3 minutes more or until chicken is cooked through.
3. To serve, top chicken with some of the applesauce mixture, orange peel, and fresh thyme. Pass remaining applesauce mixture. **SERVES 4.**
EACH SERVING *208 cal, 4 g fat, 66 mg chol, 207 mg sodium, 15 g carbo, 1 g fiber, 27 g pro.*

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The Original Sundae Cone®

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My dad thought it was the perfect summer afternoon for a nap, but I thought it was the perfect time for a water fight! I surprised him with the hose, and just like that, our battle had begun. We chased each other around the yard until he gave in and said that I was the new King of the Back Yard.

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The Lil' cone with a big nutty, crunchy, chocolatey taste.

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FRESH-PICKED squash

Baby pattypan squash are at the peak of tenderness and flavor during the summer months.

BUY Look for smooth, glossy squash with green, yellow, or white skin. The smaller the squash, the more tender it will be.

STORE Refrigerate in a plastic bag, unwashed, for up to five days.

EAT Baby pattypan squash has a tender, edible skin and sweet, buttery flavor, making it incredibly easy to prepare.

COOK Start by removing the stem, if present. Then thinly slice and toss with your favorite vinaigrette and chives for a quick salad. Or roast thick slices until lightly browned, then sprinkle with feta cheese, fresh oregano, and chopped tomatoes.

PHOTO: BLAINE MOATS; FOOD STYLING: GREG LUNA

better cook

TOOLS & TIPS FOR EVERYONE WHO LOVES TO EAT

produced by MAGGIE MEYER, ERIN SIMPSON, and MADISON MAYBERRY

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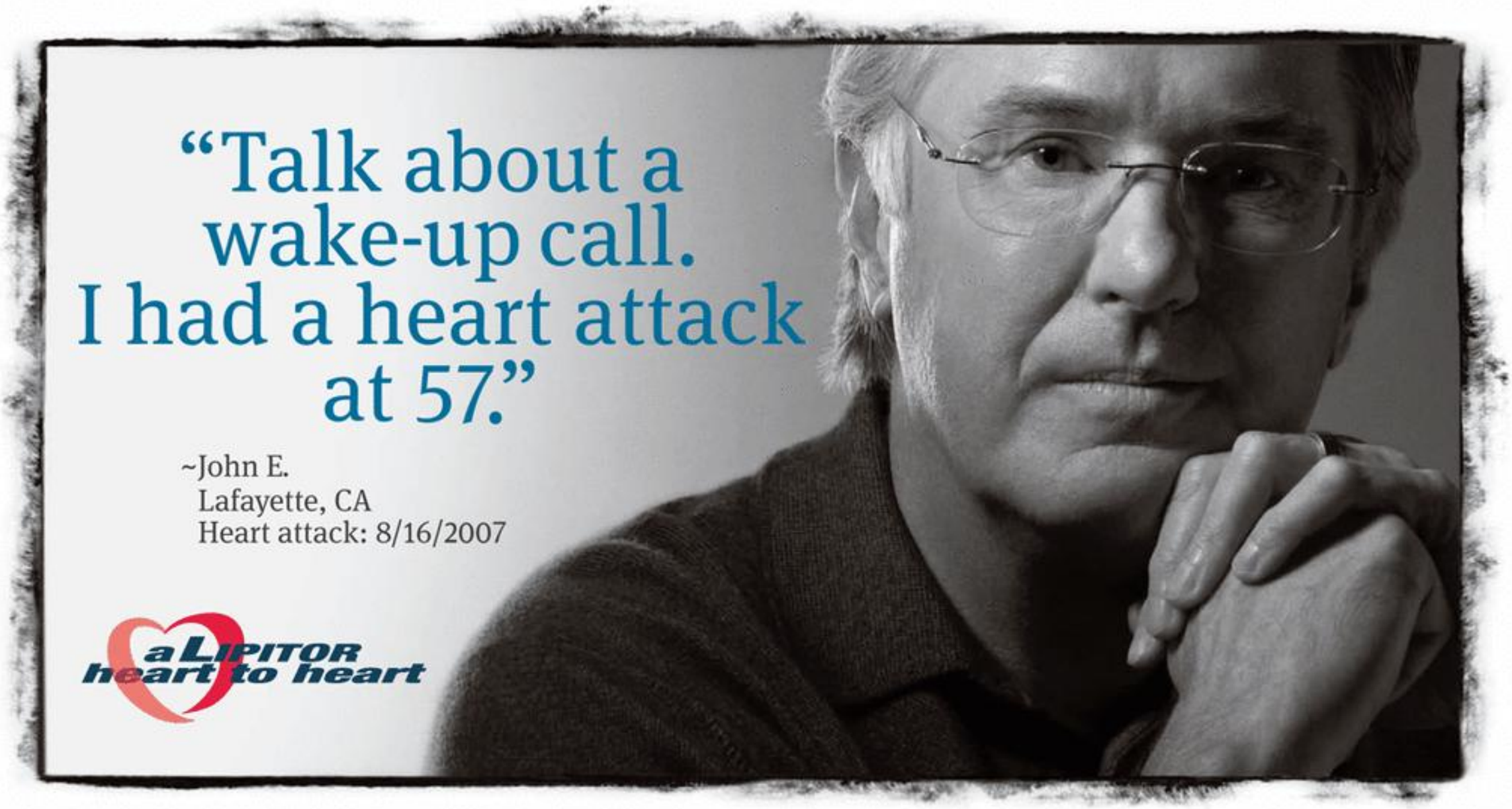

"I should have been doing more for my high cholesterol. I learned the hard way. Now I trust my heart to Lipitor." Talk to your doctor about your risk and about Lipitor.

- When diet and exercise are not enough, adding Lipitor may help. Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients who have heart disease or risk factors for heart disease, including family history of early heart disease, high blood pressure, low good cholesterol, age and smoking.
- Lipitor has been extensively studied with over 18 years of research. And Lipitor is backed by over 400 ongoing or completed clinical studies.

IMPORTANT SAFETY INFORMATION:
LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain, and changes in some blood tests.

INDICATION:
LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL ("bad" cholesterol) and triglycerides in your blood. It can raise your HDL ("good" cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

Please see additional important information on next page.

LIPITOR® atorvastatin calcium tablets

Have a heart to heart with your doctor about your risk. And about Lipitor.
Call 1-888-LIPITOR (1-888-547-4867) or visit www.lipitor.com/john

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LIPITOR atorvastatin calcium tablets (LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at www.americanheart.org.

WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems**. Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Call your doctor right away if you have:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Brown or dark-colored urine
- Feeling more tired than usual
- Your skin and the whites of your eyes turn yellow
- Allergic skin reactions

Common side effects of LIPITOR are:

- Diarrhea
- Upset stomach
- Muscle and joint pain
- Changes in some blood tests

HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to **www.lipitor.com** or call **1-888-LIPITOR**.

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

Pfizer helpful answers

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NEW WAYS WITH

pesto

Bring an easy burst of flavor to dishes with this spread made with basil, garlic, olive oil, and Parmesan cheese.

PESTO-BRUSHED STEAK

Brush each side of a strip steak with about a tablespoon of pesto. Grill over direct medium heat for 10 to 12 minutes or until desired doneness, turning once halfway through.

PESTO SCRAMBLE

Whisk together half a dozen eggs, ⅓ cup milk, and a couple tablespoons of pesto. Cook in a skillet over medium heat, stirring frequently, until mixture is cooked through but eggs are still glossy and moist.

ZESTY AVOCADO DIP

Mash 3 avocados with a spoonful of pesto and juice from half a lemon. Serve with carrot sticks, cherry tomatoes, and/or tortilla chips.

90%

of BHG readers share new recipes with friends and family often.

For another way to share recipes, visit mixingbowl.com, our social networking site for foodies, where you can swap recipes with thousands of others from around the country.

—*BETTER HOMES AND GARDENS*® FOOD FACTOR STUDY: HOW AMERICA COOKS, EATS, AND SHOPS

COOK'S TIP

Here's a fast way to prep ears of corn for cooking. Use a damp paper towel to remove the silks—just run it down the cob, toward the base. The silks will adhere to the paper towel, leaving you with clean, ready-to-cook cobs.

For every Big Game Party
there's a perfect *Town House*™ recipe at your fingertips.

Find your perfect pairing at
snackpicks.com

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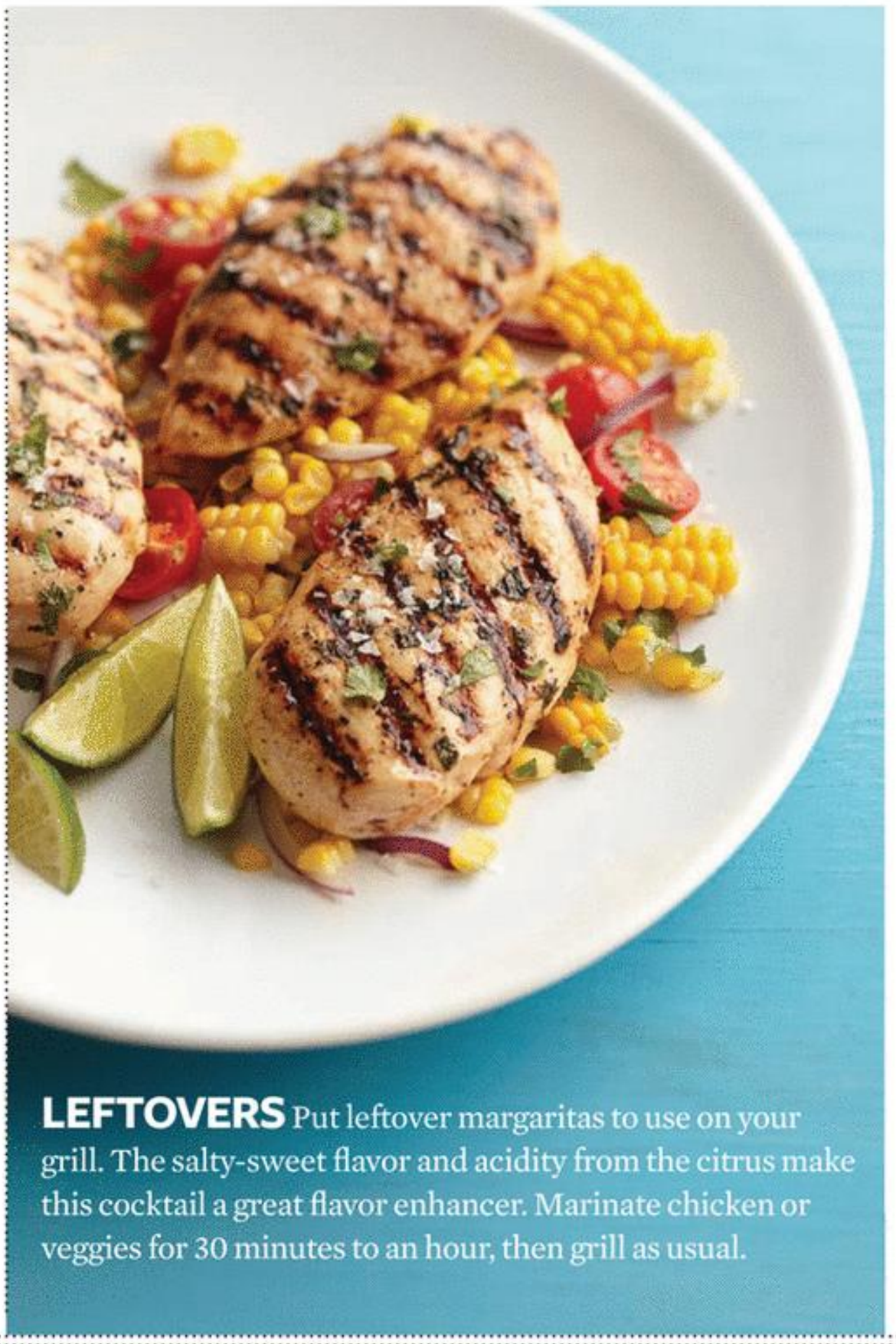
Let lemon-infused steam do the work of cleaning your microwave.

Pour about two cups of water into a bowl. Squeeze juice from half a lemon into the bowl and place lemon half in the water. Microwave on high 5 to 10 minutes. Let stand 5 minutes with the door closed. Wipe inside of the microwave clean with a dish cloth or paper towel—the work is done.



LEFTOVERS Put leftover margaritas to use on your grill. The salty-sweet flavor and acidity from the citrus make this cocktail a great flavor enhancer. Marinate chicken or veggies for 30 minutes to an hour, then grill as usual.

Find more issues at magazinesdownload.com

"When I don't have syrup on hand, I melt jam in the microwave and use it as a topper for waffles or pancakes."

ERIN SIMPSON, ASSOCIATE FOOD EDITOR, *BETTER HOMES AND GARDENS*

MEET THE MIXER

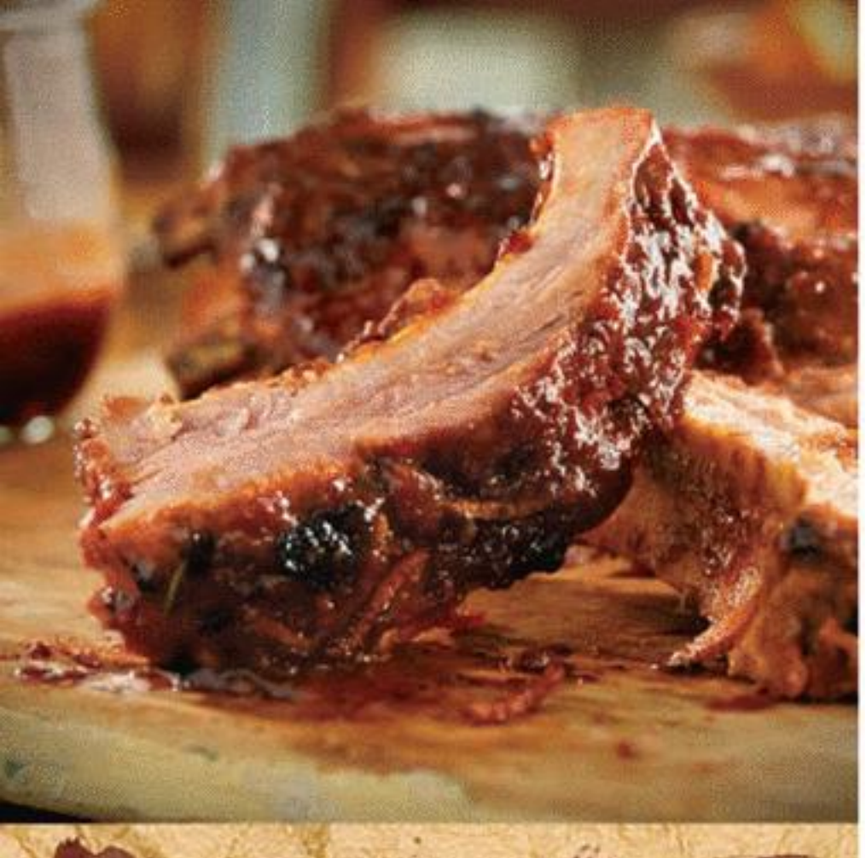
Susan Stickland created the "Salads Galore" group on *mixingbowl.com*, our social networking site for foodies. During the hot summer months, Susan says, a fresh salad can't be beat. "I like to mix sliced cucumbers, green onions, cherry tomatoes, fresh basil, cubed mozarella cheese, and a drizzle of olive oil and balsamic vinegar," she says. "It makes a great side dish for summer barbecues." Find Susan at *mixingbowl.com/user/SweetsBySuz*.

Mixing Bowl
Food and friends made fresh daily

San Francisco firefighter RJ Schnelker, left, demonstrates his recipe for "Meat Stuffed Meat" for Regis and Kelly.

FIVE-ALARM FLAVOR!

Entries for LIVE! with Regis and Kelly's "Coast-to-Coast Firehouse Cook-Off" have been pouring in, and all summer long LIVE has showcased talented cooks from firehouses all over the country. Tune in to LIVE on August 20 to see the final two firefighters go head-to-head for the grand prize: $10,000 and a story in *Better Homes and Gardens* magazine. Until then, vote weekly for a chance to win a food- and fun-filled trip to New York at LiveRegisAndKelly.com. (For a summary of the rules see page 214).



SAUCY CHILI-ORANGE PORK BACK RIBS

INGREDIENTS

4 lbs. pork back ribs
1 ½ c. orange or apple juice
½ c. chili sauce
2 tbsp. hoisin sauce
1 tbsp. grated orange rind
1 tbsp. (or to taste) bottled hot sauce
2 tsp. firmly packed brown sugar

DIRECTIONS

Place ribs in a 4 to 5 quart dish. Add orange juice and cover. Marinate 30 to 60 minutes. Combine chili sauce, hoisin sauce, orange rind, bottled hot sauce and brown sugar in a small bowl. Prepare a medium fire in charcoal grill or preheat one side of gas grill to medium.

Remove ribs from the dish and pat dry. Place ribs on grill and grill with indirect heat about 1½ to 2 hours or until tender, brushing with sauce several times during last 20 minutes of grilling.

Serves 4

TheOtherWhiteMeat.com

pork

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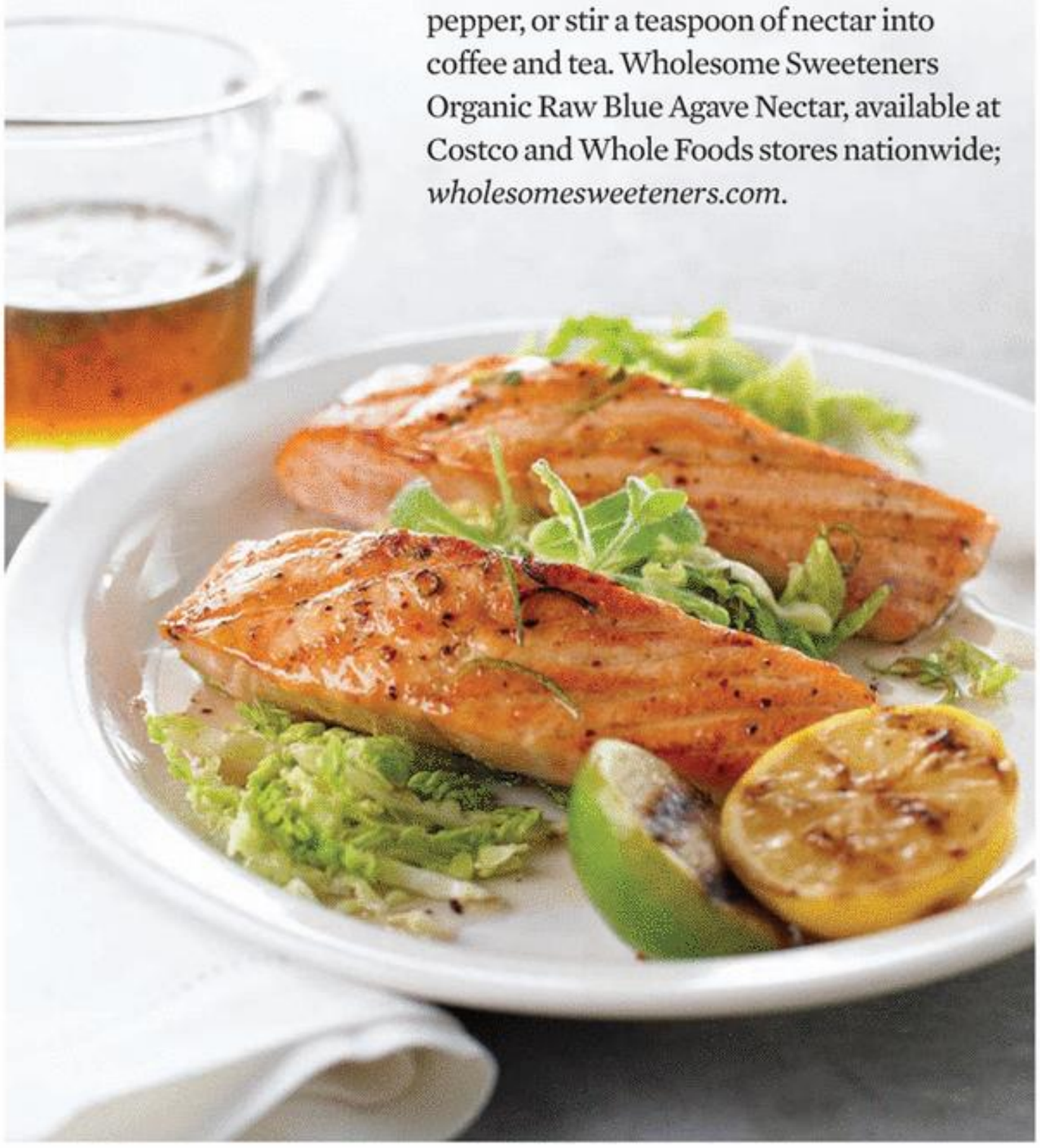
food

BETTER COOK

TRIED THIS? Agave nectar adds honeylike sweetness to a variety of dishes. Made from the agave plant, (which is also used to make tequila), it's up to three times sweeter than sugar and has fewer calories. Generally, darker grades of syrup have bolder caramel/honey flavor. Try it brushed on salmon and sprinkled with cracked black pepper, or stir a teaspoon of nectar into coffee and tea. Wholesome Sweeteners Organic Raw Blue Agave Nectar, available at Costco and Whole Foods stores nationwide; *wholesomesweeteners.com*.



site-seeing

FOOD52.COM gives home cooks a chance to have their recipes published in the Food52 cookbook—a compilation of user-generated recipes from a year's worth of weekly contests. Food52 cofounders Amanda Hesser and Merrill Stubbs say the inspiration came from a belief that the best recipes begin at home. "We have learned so much from our members," Amanda says. "They really have become our friends!"

Find more issues at magazinesdownload.com

GET YOUR GRILL ON.

This summer, give your grill something to get fired up about. These Saucy Chili-Orange Pork Back Ribs are a little bit sweet, a little bit spicy, and a whole lot tender and juicy. They're what summer was made for! Find recipes, simple grilling tips and more at **TheOtherWhiteMeat.com**

pork®

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party flavor

Serve a real all-American—this hot dog takes ideas from North *and* South.

by RICHARD SWEARINGER photo ANDY LYONS food styling CHARLES WORTHINGTON

CHILEAN-STYLE HOT DOG WITH AVOCADO-CHILI RELISH
Recipe on page 173

"There's an adventure in global flavor waiting in your grocery store," says Nirmala Narine, cookbook author and founder of nirmalaskitchen.com. She's also a travel enthusiast who brings home recipes instead of souvenirs—she found this one at a snack bar on the beach in Chile. "I teach cooking to children, and when I saw this hot dog I thought: *Oh my gosh, how fun would this be for a kid to make.*"

SET THE SCENE

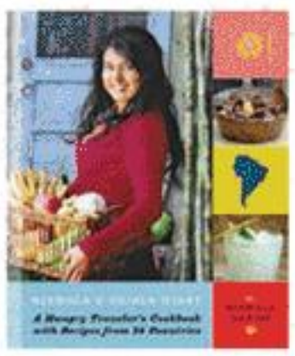
"I use this recipe for lots of get-togethers," she says. "For informal parties, I lay out checkered tablecloths and stoneware plates. But it also fits right in with white china and beautiful place mats."

TRY OTHER SAUSAGES

The dish also works well with chicken-apple sausage, kielbasa, or tofu hot dogs. "For vegetarians, it's heaven: They get protein from the tofu and healthy fats from the avocado."

DRINKS TO SERVE

Nirmala suggests pairing this hot dog with a Peruvian favorite such as the Pisco Sour (see recipe, page 173). Another good choice would be a pitcher of iced tea with three or four sprigs of herbs such as lemon verbena or basil nestled in among the ice cubes.



for more ideas

Nirmala's Edible Diary: A Hungry Traveler's Cookbook with Recipes from 14 Countries by Nirmala Narine (Chronicle Books, $16.95).

TELL US *YOUR* REASONS TO GATHER

For a chance to see your get-together ideas featured in a future issue, send them to *gatherings@bhg.com*.

"Food is a perfect way to **connect us all.** This recipe shows how you can get to know another culture in the comfort of your own backyard.

—NIRMALA NARINE, COOKBOOK AUTHOR

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MAKE A CHANGE FOR THE FETA

ATHENOS Feta has **30% FEWER CALORIES** than Cheddar
and all the flavor you expect from your cheese.
So make the smarter choice for a salad that's better with every bite.

ATHENOS
makes the salad

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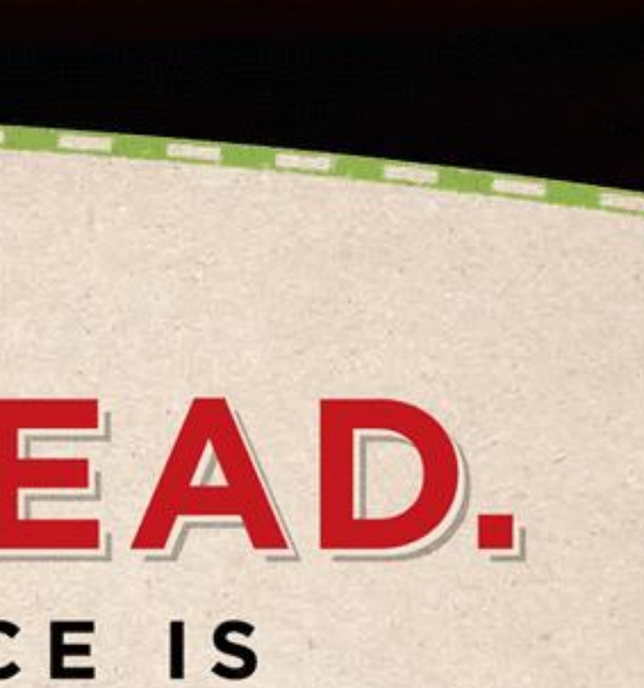

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to drink

Nirmala says this drink is the ideal party pal for the hot dog. For a nonalcoholic version, replace the pisco with sparkling water.

PISCO SOUR

- 1 cup pisco (a South American brandy) or white rum
- 1 cup guava nectar
- 2 tsp. superfine sugar
- ¼ cup lime juice
- Angostura bitters
- Lime wedges
- Mint leaves

In a glass pitcher combine the pisco or rum, guava nectar, sugar, and lime juice. Add a few shakes of Angostura bitters; stir well to dissolve sugar. Divide mixture among 4 glasses. Add ice; top with a lime wedge and fresh mint.

CHILEAN-STYLE HOT DOG WITH AVOCADO-CHILI RELISH

PREP: 40 MIN.

- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. snipped fresh cilantro
- 2 medium jalapeño chile peppers, stems removed and thinly sliced*
- 2 small shallots, peeled and thinly sliced (or 4 green onions, white parts only, thinly sliced)
- 2 Tbsp. lime juice
- 1 cup diced green and/or red tomatoes
- 2 avocados, peeled and seeded, coarsely chopped
- Sea salt, kosher salt, or salt
- Freshly ground pepper
- 4 to 6 all-beef frankfurters or other bun-size sausages
- 4 Tbsp. butter, softened
- 1 tsp. minced garlic
- 4 to 6 sub or hoagie rolls, split

1. For Avocado-Chili Relish, in a bowl whisk together olive oil, cilantro, jalapeños, shallots, and lime juice. Gently fold in tomatoes and avocados. Sprinkle lightly with salt and pepper; set aside.
2. Prepare frankfurters as desired.
3. In a small bowl mix the butter and garlic. Spread butter mixture on the sub rolls. In a large frying pan or on a grill rack over medium heat, place the rolls buttered side down and toast until light golden.
4. To serve, tuck frankfurters in toasted rolls and top with Avocado-Chili Relish. Serve immediately. **MAKES 4 TO 6 SERVINGS.**
*When working with hot chile peppers, wear plastic gloves or wash hands well after cutting; the peppers contain oils that may burn skin and eyes.
EACH SERVING *684 cal, 44 g fat, 54 mg chol, 1,229 mg sodium, 59 g carbo, 7 g fiber, 13 g pro.*

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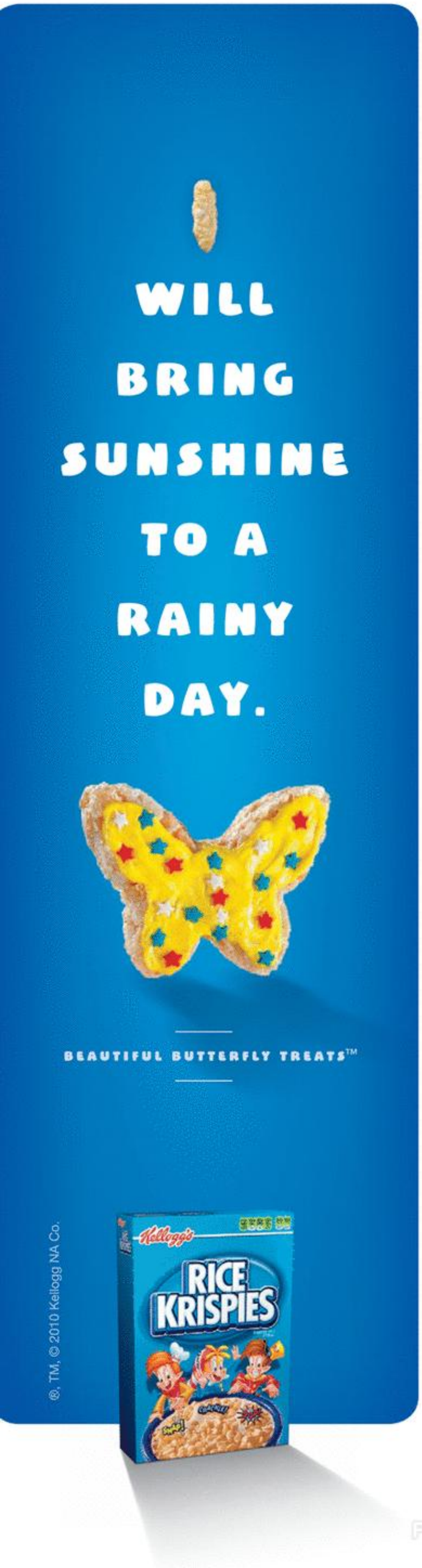

25 MORE WAYS TO EAT A PEACH

Continued from page 140

27. Chocolate Peach Crostini Toast thick slices of country bread. Top with chunks of dark chocolate and place under the broiler to melt. Layer peach slices over chocolate and sprinkle with coarse salt.

28. Peach Vodka In a blender pulse 2 to 3 peeled chopped peaches with a 750 ml bottle of vodka. Let steep for a few days in the refrigerator. Strain out solids and store in the fridge up to 2 months.

29. Peach and Pecan Oatmeal Cook peaches and chopped pecans in butter and maple syrup until warm and peaches are slightly softened. Spoon over oatmeal.

30. Roasted Peaches Toss small whole peaches in a little oil and sugar. Place in a baking dish and roast at 400°F until just tender. Sprinkle with walnuts and serve.

31. Peaches and Parm Shave Parmesan cheese over peach halves. Drizzle with balsamic vinegar and olive oil.

32. Wine-Poached Peaches Heat 2 parts rosé wine, 1 part sugar, 1 part water, and a clove or two to a simmer. Add peeled peaches and poach for 8 minutes.

26. BLUEBERRY-PEACH FOCACCIA Recipe page 178

33. Spicy Peach Skewers Place a few peach chunks on cocktail skewers. Sprinkle with salt and a little crushed red pepper.

34. Peaches and Warm Cinnamon Cream Warm heavy cream in a saucepan with a cinnamon stick or big dash of ground cinnamon. Pour over quartered peaches.

35. Peach-Corn Salad Toss together the kernels from two cooked ears of corn, sliced peaches, and chopped onion. Dress with lime juice and olive oil.

36. Peach Grilled Cheese Layer white cheddar, peaches, and cooked bacon between slices of bread and grill in a little butter.

37. Peach Melba Place peach halves on top of vanilla ice cream. Top with raspberry sauce or melted seedless raspberry jam.

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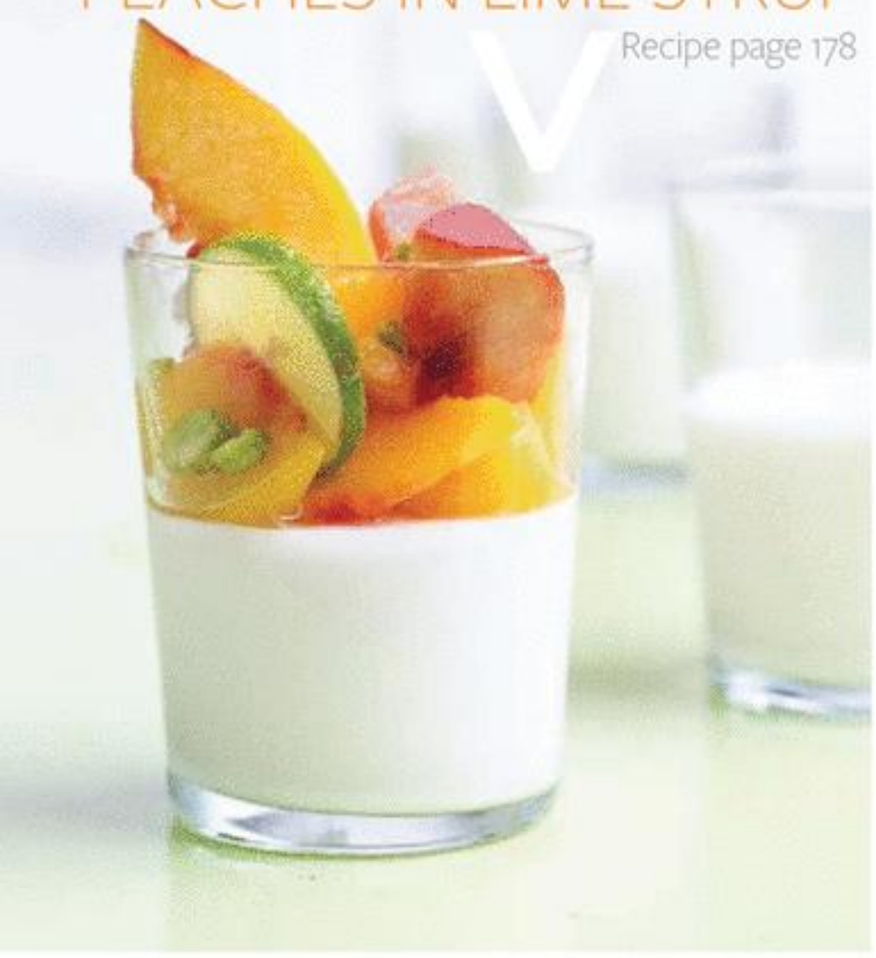
38. PANNA COTTA WITH PEACHES IN LIME SYRUP

Recipe page 178



39. Peach Pancakes Pour pancake batter into a skillet and dot with peach chunks. Flip and continue cooking. Serve with blueberry syrup.

40. Peach Caprese Salad Layer thick slices of peaches with fresh mozzarella and basil leaves.

41. Peach Simple Syrup Simmer a pureed peach with equal parts sugar and water for about 30 minutes. Use in iced tea or cocktails. To store, strain through a fine-mesh sieve and refrigerate up to 2 weeks

42. Shrimp and Peach Quesadillas Toss chopped peaches, onion, and cooked shrimp with lime juice and cumin. Fold into a tortilla with Monterey Jack cheese. Brush with oil and toast in a skillet.

43. Quick Pickled Peaches Soak a thinly sliced peach or two in rice wine vinegar with a hefty pinch of sugar and dash of salt for about 30 minutes. Serve with fish or burgers.

44. Peach Tabbouleh Salad Stir chopped peaches, mint, parsley, green onions, lemon juice, and olive oil into cooked bulgar.

45. Peach Pizza Cover a purchased pizza crust with prosciutto, peaches, and grated Gruyère cheese and bake. Scatter the warm pizza with arugula. Dress lightly with a raspberry vinaigrette.

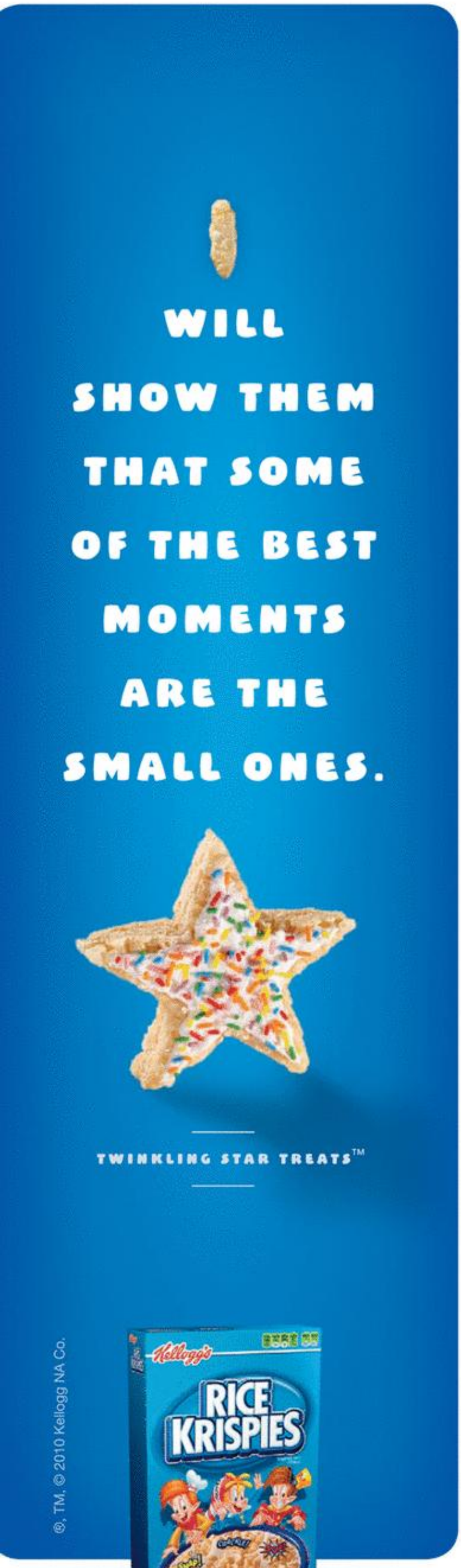
46. Peach Chutney Simmer peaches, dried cherries, and chopped onion with sugar, vinegar, ginger, and crushed red pepper until thickened.

47. No-Cook Peach Pie Whisk together a can of sweetened condensed milk, an 8 oz. carton sour cream, and ¼ cup lime juice. Spoon into a large graham cracker crust and chill overnight. Top with peach slices and blueberries.

48. Peach Muddle In a glass, smash peeled peach chunks, mint, and sugar together mojito-style with a wooden spoon. Fill glass with ice and club soda.

49. Spiced Peaches Place sliced peaches in a baking dish and toss with sugar, cinnamon, vanilla, and shredded orange peel. Bake until warm.

50. Mini Peach Trifles In juice glasses, layer cubes of pound cake with chopped peaches tossed with a little sugar and whipped cream. Let sit 30 minutes so the cake soaks up the juices.



PEACH AND BLACKBERRY SLAW

This summer side is a cross between a salad and slaw. The peaches and berries add a touch of sweetness to balance the tangy herb dressing.

START TO FINISH: 30 MIN.

- ¼ cup white wine vinegar
- ¼ cup olive oil
- 1 tsp. sugar
- 1 Tbsp. snipped fresh chives, basil, and/or tarragon
- 1 small head cabbage
- 2 white peaches
- 1 yellow peach
- ½ pint blackberries
- 2 oz. coarsely crumbled blue cheese (optional)
- Snipped fresh chives, basil, and/or tarragon

1. For the dressing, in a small bowl whisk together vinegar, olive oil, sugar, and the 1 Tbsp. chives. Season to taste with *salt* and *pepper*; set aside.
2. Shred cabbage and place in a large bowl. Halve, pit, and thinly slice peaches and add to bowl with cabbage. Gently toss to combine. Drizzle with about half of the dressing; toss to coat. Top with blackberries and cheese. Sprinkle with herbs; pass remaining dressing. **MAKES 4 SERVINGS.**
EACH SERVING *151 cal, 9 g fat, 0 mg chol, 116 mg sodium, 16 g carbo, 5 g fiber, 2 g pro.*

CHEDDAR-STUFFED TURKEY BURGERS WITH PEACH KETCHUP

The quick peach ketchup is whirled together in the blender. A little of it is stirred into the ground turkey for flavorful, moist burgers.

PREP: 30 MIN. COOK: 20 MIN.

- 4 medium peaches, peeled, pitted, and cut up (see "Peeling Peaches," page 178)
- ¼ cup sugar
- 2 Tbsp. cider vinegar
- 1 tsp. chili powder
- ⅛ tsp. cinnamon
- Dash cayenne pepper
- 2 lb. ground turkey or ground beef
- 2 to 3 oz. white cheddar or Havarti cheese, shredded (½ to ¾ cup)
- 1 Tbsp. canola oil
- Leaf lettuce (optional)
- 8 hamburger buns, split and toasted
- Additional peach slices (optional)

1. For Peach Ketchup, in a blender or food processor combine cut up peaches, sugar, cider vinegar, chili powder, cinnamon, and cayenne pepper. Cover and blend or process until smooth.
2. In large bowl lightly mix turkey with *half* of the Peach Ketchup, ½ tsp. *salt*, and ¼ tsp. *black pepper*. Divide into 8 balls. Make an indentation in center of each ball and fill with some cheddar cheese. Shape meat around cheese. Flatten into patties.
3. In a 12-inch skillet, heat oil over medium heat. Add half of the burgers and cook about 5 minutes, or until well browned. Turn and cook 5 minutes more or until no pink remains (165°F). Repeat with remaining burgers.
4. Serve on lettuce-lined buns with additional peach slices and *remaining* Peach Ketchup. **MAKES 8 BURGERS.**
EACH SERVING *388 cal, 16 g fat, 97 mg chol, 505 mg sodium, 35 g carbo, 2 g fiber, 26 g pro.*

PEACHY PO-BOY

Sweet, spicy, and salty come together in these hearty sandwiches. A grill wok or tray makes it super-fast and easy to grill the shrimp. The shrimp can also be cooked in a skillet over medium heat for 2 to 4 minutes or until opaque.

PREP: 35 MIN. GRILL: 10 MIN.

- ⅓ cup butter, melted
- 1 lemon
- 1 clove garlic, minced
- ¼ tsp. salt
- ¼ tsp. black pepper
- 6 miniature baguettes or two 8-oz. baguettes, cut in thirds and split lengthwise
- 1 tsp. Cajun seasoning
- 1½ lb. medium shrimp (36 to 40), peeled and deveined
- 1 large jalapeño, thinly sliced*
- 3 peaches, halved and sliced
- ½ tsp. Cajun seasoning
- ½ cup light mayonnaise
- 1 tsp. coarsely ground black pepper
- 6 slices bacon, crisp-cooked and broken into small pieces
- Snipped fresh cilantro

1. In a medium bowl stir together butter, juice from half the lemon, garlic, salt, and pepper. Cut remaining lemon into wedges for serving; set aside.
2. Lightly brush some of the butter mixture

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on cut sides of bread; set bread aside. Stir 1 tsp. Cajun seasoning into remaining butter mixture. Add shrimp and jalapeño; toss to coat. Place shrimp mixture in a large grill tray or grill wok.

3. Place grill tray on grill rack directly over medium coals for 10 to 14 minutes or until shrimp are opaque, tossing occasionally. Add baguettes to grill rack, cut sides down, in batches and grill about 2 minutes or until toasted. (For a gas grill, preheat grill. Reduce heat to medium. Place grill tray over heat. Cover; grill as above.)

4. Sprinkle sliced peaches with ½ tsp. Cajun seasoning. Gently fold peaches into hot shrimp mixture. In a small bowl, stir together mayonnaise and black pepper. To serve, spread a little black pepper mayonnaise on cut side of top halves of baguette pieces. Pile shrimp mixture on bottom halves. Top with crumbled bacon. Sprinkle with cilantro. Serve with lemon wedges. **MAKES 6 SERVINGS.**

*When working with hot chile peppers, wear plastic gloves or wash hands well after cutting; the peppers contain oils that may burn skin and eyes.

EACH SERVING *554 cal, 23 g fat, 186 mg chol, 1,167 mg sodium, 55 g carbo, 4 g fiber, 32 g pro.*

PEACH-GLAZED CHOPS

These chops get a fiery bite from Sriracha sauce—a Thai hot sauce named for the coastal town of Si Racha. It's made from a blend of chiles, garlic, sugar, salt, and vinegar. In a pinch, substitute half a teaspoon of crushed red pepper.

PREP: 20 MIN. MARINATE: 30 MIN. GRILL: 14 MIN.

- 2 medium peaches, coarsely chopped
- 1 medium lime, juiced (2 Tbsp.)
- ½ cup reduced-sodium soy sauce
- 1 Tbsp. Sriracha sauce
- 2 cloves garlic
- 4 center-cut pork chops about 1 inch thick
- 4 peaches, halved and pitted
- 1 red sweet pepper, quartered
- 1 Tbsp. honey
- ½ bunch parsley or basil, coarsely chopped

1. In blender, combine the chopped peaches, lime juice, soy sauce, and Sriracha sauce. Blend until nearly smooth. Transfer to a resealable plastic bag set in a shallow dish. Smash garlic with the side of a wide knife or the bottom of a skillet. Add garlic and pork to bag; seal and turn to coat. Let stand up to 30 minutes at room temperature, or refrigerate 2 to 4 hours, turning occasionally.

2. Remove pork from marinade, reserving marinade. For a charcoal grill, grill chops on rack of uncovered grill directly over medium coals for 14 to 18 minutes or until chops are slightly pink in center and juices run clear (160°F), turning once halfway through grilling and adding the peach halves and pepper quarters for the last 7 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place meat on grill rack over heat. Cover and grill as above.)

3. Meanwhile, pour marinade into a small saucepan. Add honey and bring to a simmer. Simmer 2 to 3 minutes or until slightly reduced and thickened (discard garlic cloves). Remove pork, peaches, and peppers from grill and brush with reduced marinade. Chop peaches and peppers as desired for serving. Pass remaining marinade. Sprinkle with parsley.

MAKES 4 SERVINGS.

EACH SERVING *476 cal, 16 g fat, 117 mg chol, 1,227 mg sodium, 43 g carbo, 4 g fiber, 41 g pro.*

ROASTED PEACH PIES WITH BUTTERSCOTCH SAUCE

These pies are simply peaches baked in a biscuitlike crust—the only added sweetness comes from the butterscotch sauce. This recipe makes two 7-inch pies or one 9-inch pie. Find the small pie tins online at surlatable.com.

PREP: 40 MIN. BAKE: 33 MIN. OVEN: 450°F/ 350°F

- 1 cup all-purpose flour
- ½ tsp. baking powder
- ¼ tsp. salt
- ¼ cup unsalted butter
- ½ cup sour cream
- 1 Tbsp. milk
- 6 small or 4 medium peaches
- 1 recipe Butterscotch Sauce, *page 178*
- Vanilla ice cream (optional)
- Fresh mint leaves (optional)
- Freshly ground nutmeg (optional)

1. In a large bowl combine flour, baking powder, and salt. Using a pastry blender or two knives, cut in butter until mixture resembles coarse cornmeal. Stir in sour cream and milk until just combined. Cover and refrigerate 30 minutes or up to 2 days.

2. Preheat oven to 450°F. For two 7-inch pies, divide dough in half. On a lightly floured work surface, roll to two 8½-inch circles. Transfer to two 7-inch pie tins. (For a 9-inch pie do not divide dough, roll to an 11-inch circle, and transfer to a 9-inch pie plate.) Trim crusts even with top of pie tins. With a lightly floured fork, press sides of crust into pie plate. Line with a double thickness of foil that has been coated with nonstick cooking spray to prevent pastry from sticking. Bake 8 minutes. Remove foil; bake 5 to 6 minutes more or until crust is golden; cool. Reduce oven to 350°F.

RICE KRISPIES®
TWINKLING STAR TREATS™

INGREDIENTS
3 tbsp. butter or margarine
1 10-oz. package regular marshmallows
6 cups Rice Krispies® Cereal
Canned frosting or decorating gel
Assorted candies and sprinkles

DIRECTIONS
1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S® RICE KRISPIES® and stir until well coated.
3. Press mixture into a 15" x 10" pan coated with cooking spray. Cool slightly.
4. Using cookie cutter coated with cooking spray, cut into star shapes.
5. Decorate with frosting and candy.

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3. Cut peaches into thick slices, slicing around the pit. Add peaches to cooled crusts. Cover edges of pies with foil.
4. Bake 20 to 25 minutes or until peaches are just tender. Transfer to a rack. While pies are still warm, drizzle with ¼ cup of the Butterscotch Sauce. Serve immediately (crust becomes soggy as pie sits) with ice cream. Sprinkle with nutmeg and fresh mint. Pass remaining warm Butterscotch Sauce. **MAKES 6 TO 8 SERVINGS.**

BUTTERSCOTCH SAUCE In a small saucepan melt ¼ cup unsalted *butter* over medium heat. Stir in ⅓ cup packed *brown sugar* and 1 tablespoon light-color *corn syrup*. Bring to a boil and boil gently, uncovered, for 5 minutes, stirring frequently. Carefully stir in 2 tablespoons *whipping cream*. Cool slightly. Serve immediately. Makes ½ cup.
EACH SERVING *357 cal, 21 g fat, 56 mg chol, 142 mg sodium, 41 g carbo, 2 g fiber, 4 g pro.*

PEACH AND TOMATO PASTA

Peaches add a touch of sweetness to balance the acidity of the tomatoes.

START TO FINISH: 30 MIN.

- 12 oz. spaghetti or linguine
- 3 cloves garlic, thinly sliced
- 1 Tbsp. canola oil
- 1 pint grape tomatoes
- 2 lb. peaches (about 6), pitted and sliced and/or coarsely chopped
- ½ cup pitted Kalamata olives, halved
- ⅓ cup chopped basil leaves
- ¼ tsp. salt
- ¼ to ½ tsp. crushed red pepper
- ⅛ tsp. ground black pepper
- Toasted slivered almonds (optional)

1. Prepare spaghetti according to package directions. Reserve ¼ cup of the spaghetti cooking liquid. Drain spaghetti and return to pot; keep warm.
2. Meanwhile, in a 12-inch skillet cook garlic in hot oil over medium heat for 1 minute. Add tomatoes. Cook, uncovered, for 2 minutes. Add peaches. Cook 4 to 5 minutes more or until peaches are just soft, stirring occasionally. Stir in olives, basil, salt, and peppers; heat through.
3. Add peach mixture to cooked spaghetti along with reserved spaghetti cooking liquid. Toss to combine. Season to taste with additional *salt* and *pepper*. Serve warm or at room temperature. Sprinkle with almonds just before serving. **MAKES 6 SERVINGS.**
EACH SERVING *321 cal, 5 g fat, 0 mg chol, 227 mg sodium, 61 g carbo, 5 g fiber, 9 g pro.*

BLUEBERRY-PEACH FOCACCIA

This salty-sweet bread is great served as a side or snack. To bring out the flavor of the fruit, vanilla is blended with olive oil and drizzled over the focaccia before baking.

PREP: 40 MIN. RISE: 1 HR. BAKE: 30 MIN. OVEN: 425°F

- 1⅓ cups warm water (105°F to 115°F)
- 1 pkg. active dry yeast
- 4 Tbsp. extra virgin olive oil
- 1 tsp. sugar
- 3¼ to 3¾ cups all-purpose flour
- 2 tsp. kosher or coarse sea salt
- 4 peaches
- 1 cup fresh blueberries
- 3 Tbsp. sugar
- 2 tsp. vanilla
- 2 to 3 Tbsp. small fresh basil leaves (optional)

1. In a small bowl combine the warm water, yeast, *3 Tbsp.* of the olive oil, and the 1 tsp. sugar. Let stand 5 minutes or until bubbly. In a large bowl combine *3 cups* of the flour and *1 tsp.* of the salt. Add yeast mixture to flour mixture. Stir until combined. Turn out onto a lightly floured surface and knead in enough of the remaining flour to make a soft dough that is nearly smooth but still slightly sticky (about 3 minutes). Place dough in a lightly oiled bowl, turning once. Cover. Let rise in a warm place until double in size (1 to 1½ hours).
2. Preheat oven to 425°F. Line a 15×10×1-inch baking pan with parchment paper; lightly oil paper. Turn dough into prepared pan; gently press evenly into pan. Loosely cover; let stand in a warm place while halving, pitting, and slicing peaches.
3. Arrange peaches and blueberries atop dough in pan. Sprinkle with the 3 Tbsp. sugar and *remaining* 1 tsp. salt. In a small bowl stir together *remaining* 1 Tbsp. olive oil and the vanilla. Drizzle over focaccia.
4. Bake about 30 minutes or until peaches are softened and bread is golden brown. Cool on a wire rack for 15 minutes. Sprinkle with basil just before serving. **MAKES 24 SERVINGS.**
MAKE AHEAD After placing dough in the oiled bowl, cover and refrigerate up to 24 hours. Let dough stand at room temperature for 1 to 1½ hours or until the dough is double in size. Continue as directed in step 2.
EACH SERVING *113 cal, 3 g fat, 0 mg chol, 162 mg sodium, 20 g carbo, 1 g fiber, 2 g pro.*

PANNA COTTA WITH PEACHES IN LIME SYRUP

PREP: 20 MIN. STAND: 5 MIN. CHILL: 4 HRS.

- 1 envelope unflavored gelatin
- ¼ cup water
- ½ cup sugar
- 2 cups half-and-half or light cream
- 2 cups whole fat or 2% plain Greek yogurt
- 1 tsp. vanilla
- 1 recipe Lime Syrup, *below*
- 3 to 4 medium peaches, cut in wedges
- Thin lime slices (optional)
- Pistachio nuts (optional)

1. Place eight small glasses in a shallow baking pan; set aside.
2. In a small bowl sprinkle gelatin over the water. Do not stir. Let stand 5 minutes.
3. Meanwhile, in a medium saucepan stir together the sugar and *½ cup* of the half-and-half. Heat over medium heat until hot but not boiling. Add gelatin mixture and stir until gelatin is dissolved. Remove from heat. Whisk in yogurt until smooth. Stir in *remaining* half-and-half and the vanilla. Pour into glasses. Cover and refrigerate for 4 to 24 hours or until set*.
4. Meanwhile, prepare Lime Syrup. Toss peaches in the Lime Syrup. To serve, top panna cottas with peaches and some of the syrup. Top with lime slices and pistachios. **MAKES 8 SERVINGS.**

LIME SYRUP In small saucepan combine 3 tablespoons *lime juice*, 1 cup *sugar*, and ½ cup *water*. Bring to boiling, stirring to dissolve sugar. Reduce heat and simmer, uncovered, 8 minutes or until slightly thickened. Syrup will thicken more as it cools.
*Speed-Set Method: Prepare as directed, except cover and freeze 20 minutes before transferring to the refrigerator to chill for 1½ hours or until set.
EACH SERVING *336 cal, 13 g fat, 32 mg chol, 49 mg sodium, 48 g carbo, 1 g fiber, 9 g pro.*

PEELING PEACHES

Here's a quick and easy way to peel peaches. Using a small knife, score the bottom of each peach with an X. Meanwhile, bring a saucepan of water to a simmer. Place a few peaches at a time into the simmering water and cook for 1 to 2 minutes. Remove with a slotted spoon and immediately place in a bowl of ice water to cool and loosen skins. Peel off skins.

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PRIZE TESTED RECIPES® $400 WINNER

Holly Bauer, WEST BEND, WI

GREAT GROUND BEEF DINNERS CATEGORY, AUGUST 2010

CASABLANCA BURGERS

- 1 lb. ground beef (85% lean)
- ⅓ cup finely snipped dried apricots
- 2 Tbsp. pine nuts, toasted
- 2 Tbsp. chopped fresh cilantro
- 2 cloves garlic, minced
- ½ tsp. salt
- ½ tsp. ground cumin
- ¼ tsp. ground cinnamon
- ¼ tsp. ground coriander
- ¼ tsp. ground black pepper
- 4 kaiser rolls
- 1 recipe Moroccan Ketchup
- 4 leaves red leaf lettuce
- 1 medium tomato, sliced

1. In a large bowl combine beef, apricots, pine nuts, cilantro, garlic, salt, cumin, cinnamon, coriander, and pepper. Shape mixture into four ¾-inch-thick patties.

2. For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until done (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover; grill as above.) Serve burgers on rolls topped with Moroccan Ketchup, lettuce, and tomato slices. **MAKES 4 SERVINGS.**

MOROCCAN KETCHUP In a small bowl combine ⅓ cup ketchup, ⅛ tsp. ground cumin, ⅛ tsp. ground cinnamon, ⅛ tsp. ground coriander, and ⅛ tsp. ground black pepper.

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PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 184*

PRIZE TESTED RECIPES® $400 WINNER

Carolyn Eichin, CAMPBELL, CA

BREAKFASTS ON THE RUN CATEGORY, AUGUST 2010

HAM-AND-CHEDDAR SCONES

- 1¾ cups all-purpose flour
- ¼ cup whole wheat flour
- 2 tsp. baking powder
- 1 tsp. sugar
- ½ tsp. baking soda
- ⅛ tsp. salt
- ½ cup butter
- ½ cup shredded sharp cheddar cheese (2 oz.)
- ¼ cup diced cooked ham
- 1 Tbsp. chopped fresh dill or 1 tsp. dried dillweed
- ¾ cup sour cream
- 1 egg, lightly beaten
- 1 Tbsp. Dijon-style mustard
- Fresh dill (optional)

1. Preheat oven to 375°F. Line baking sheet with parchment; set aside. In a large bowl combine flours, baking powder, sugar, soda, and salt. Using a pastry blender or two knives, cut in butter until mixture resembles coarse crumbs. Stir in cheese, ham, and dill. Combine sour cream, egg, and mustard; add all at once to flour mixture. Using a fork, stir just until mixture is moistened. Do not overwork.

2. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing it for four to six strokes or just until dough holds together. Pat or lightly roll dough until ¾ inch thick. Cut dough with a floured 2½- to 3-inch biscuit cutter. Reroll scraps as necessary; dip cutter into flour between cuts. Place circles 1 inch apart on prepared baking sheet. Bake for 18 to 20 minutes or until golden. Cool slightly on a wire rack. Sprinkle with fresh dill. Serve warm. **MAKES 10 TO 12 SCONES.**

PRIZE TESTED RECIPES® $200 WINNER

Stacee Sledge, OLYMPIA, WA

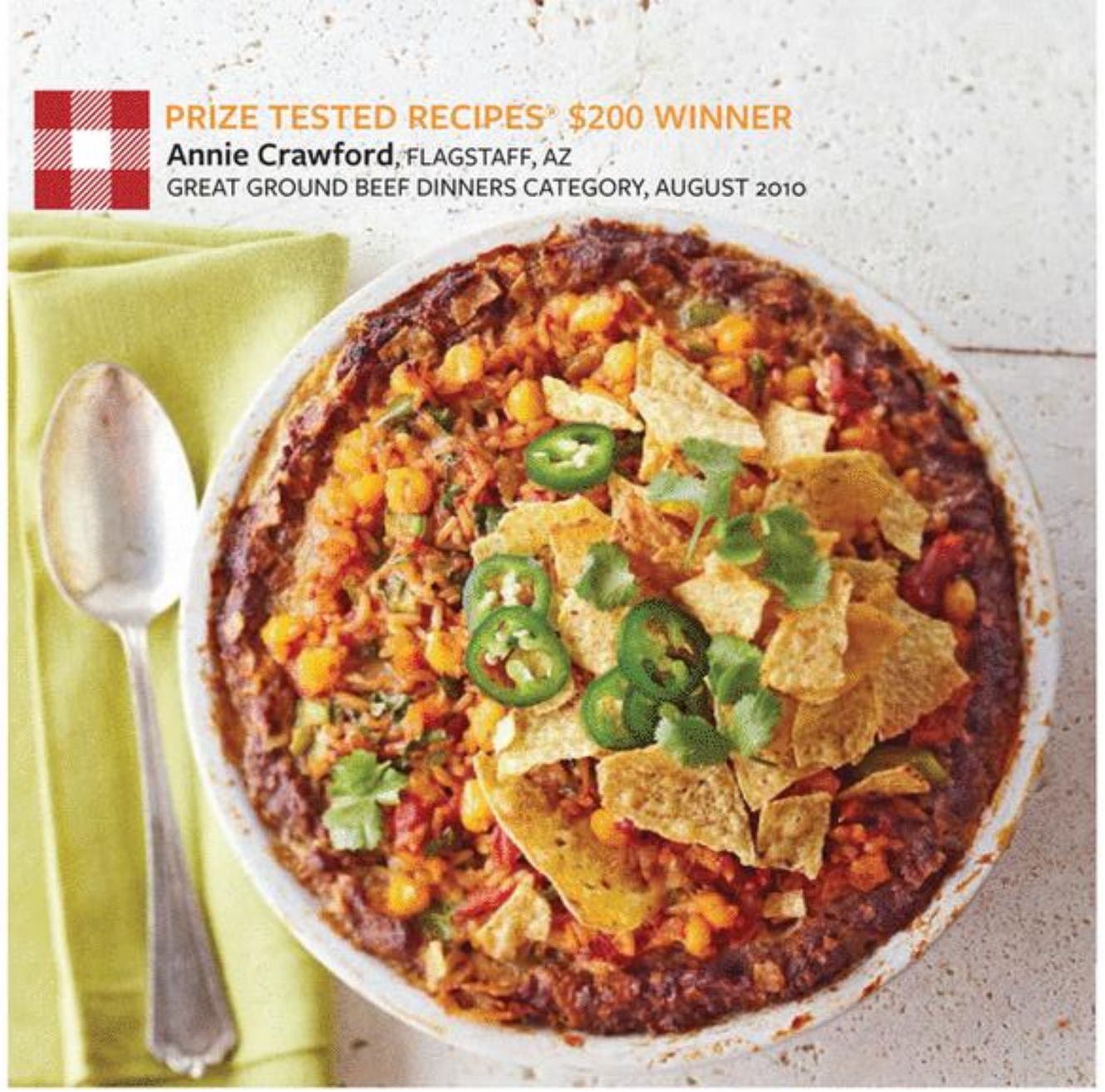
BREAKFASTS ON THE RUN CATEGORY, AUGUST 2010

BLUEBERRY-PINEAPPLE SMOOTHIE

- 2 cups fresh baby spinach
- 1 cup frozen blueberries
- 1 banana
- ½ cup vanilla yogurt
- ¼ cup chopped fresh pineapple
- ¼ cup frozen dark sweet cherries
- ¼ cup orange juice
- Chopped pineapple and/or fresh blueberries (optional)

1. In a blender combine all ingredients except the optional pineapple and/or blueberry topper. Cover and blend until nearly smooth, stopping to scrape down sides of container as necessary. Divide between two glasses. Top with pineapple and/or blueberries. **MAKES 2 (1-CUP) SERVINGS.**

photos BLAINE MOATS food styling GREG LUNA



PRIZE TESTED RECIPES® $200 WINNER

Annie Crawford, FLAGSTAFF, AZ

GREAT GROUND BEEF DINNERS CATEGORY, AUGUST 2010

DEEP-DISH MEXICAN MEAT LOAF PIE

- 1¼ lb. ground beef (90% lean)
- 1 cup finely crushed tortilla chips or corn chips
- 1 envelope onion soup mix (½ of a 2-oz. pkg.)
- ¾ cup bottled taco sauce
- 2 eggs, lightly beaten (divided)
- 1 8.8-oz. pouch cooked Spanish-style rice (such as Uncle Ben's Ready Rice)
- 1 15.5-oz. can golden hominy, rinsed and drained
- 1 14.5-oz. can diced tomatoes with green chiles, drained
- 1 cup shredded pepper Jack cheese (4 oz.)
- 1 medium fresh Anaheim pepper, seeded and chopped (½ cup)
- ¼ cup chopped fresh cilantro
- Tortilla chips or corn chips, sliced jalapeño pepper*, and/or fresh cilantro sprigs

1. Preheat oven to 350°F. Combine beef, crushed chips, soup mix, *½ cup* of the taco sauce, *one* lightly beaten egg, and ½ tsp. *black pepper*. Press into bottom and sides of 10-inch deep-dish pie plate.
2. Heat rice according to package directions. In bowl combine rice, hominy, tomatoes, cheese, Anaheim pepper, cilantro and the *remaining* ¼ cup taco sauce and egg. Spoon into meat shell. Place on a baking sheet. Cover loosely with foil.
3. Bake 40 minutes. Remove foil; bake 20 minutes or until an instant-read thermometer registers 160°F. Cool 15 minutes. Top with chips, jalapeño, and cilantro. **MAKES 6 SERVINGS.**
*When working with hot chile peppers, wear plastic gloves or wash hands well after cutting, because the peppers contain oils that may burn skin and eyes.

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Açai Blueberry with Antioxidants.
Real fruit, naturally.
In every bite.

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RECIPE CONTEST

Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (*see page 181*).

Your recipe could be worth up to $500. Enter your original (never before published) recipes in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish the top recipe in each category.

MONTHLY PRIZES

Two $500 winners.

MARCH 2011 CATEGORIES

NUT DESSERTS Let your imagination lead you to develop a dessert featuring nuts. Walnuts, pecans, almonds, and peanuts are favorites, but how about using less familiar kinds, such as pistachios, hazelnuts, pine nuts, cashews, and macadamia nuts? Or try a combination. Grind them, chop them, or leave them in bigger pieces and toast them. How about a nut cake or torte; a spice cake with a nut-filled frosting; or candies, cookies, and bars with plenty of nuts. A nut-dotted pie crust or a pie or tart with a nutty filling are other options.

NEW WAYS WITH SAUSAGE We're looking for new ways to serve or incorporate sausage into a recipe. Any kind of sausage qualifies—pork breakfast sausage, Italian, kielbasa, pepperoni, franks, brats, chorizo, and andouille. Perhaps you sauté it with vegetables, stuff it into pasta, add it to corn bread or pancake batter, serve it in a sandwich, wrap it in homemade dough, or crumble it in a casserole or soup.

THIS MONTH'S WINNERS (*PAGES 181–182*)

$400 WINNERS Holly Bauer, West Bend, WI; Carolyn Eichin, Campbell, CA

$200 WINNERS Annie Crawford, Flagstaff, AZ; Stacee Sledge, Olympia, WA

$50 HONOR ROLL WINNERS Doris Alexander, Cleburne, TX; LeeAnn Camut, Warrington, PA; Emily Fitzgerald, Springs, TX; Tamara L. Furda, Naperville, IL; Ann Marie Gorman, Rochester, NY; Regina Henley, Childress, TX; Rhonda Hetrick, Lemont, IL; Margaret Kelliher, Carol Stream, IL; Carolyn Kumpe, El Dorado, CA; Patricia Schmidt, San Diego, CA

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY August contest begins 7/15/10. By mail, send entries to: 0311 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry information in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m., CT, 8/24/10. Mail entries must be postmarked by 8/24/10 and received by 8/31/10.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry, and each entry must meet the following requirements:

- A recipe may be submitted in either of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; an e-mail address is optional.

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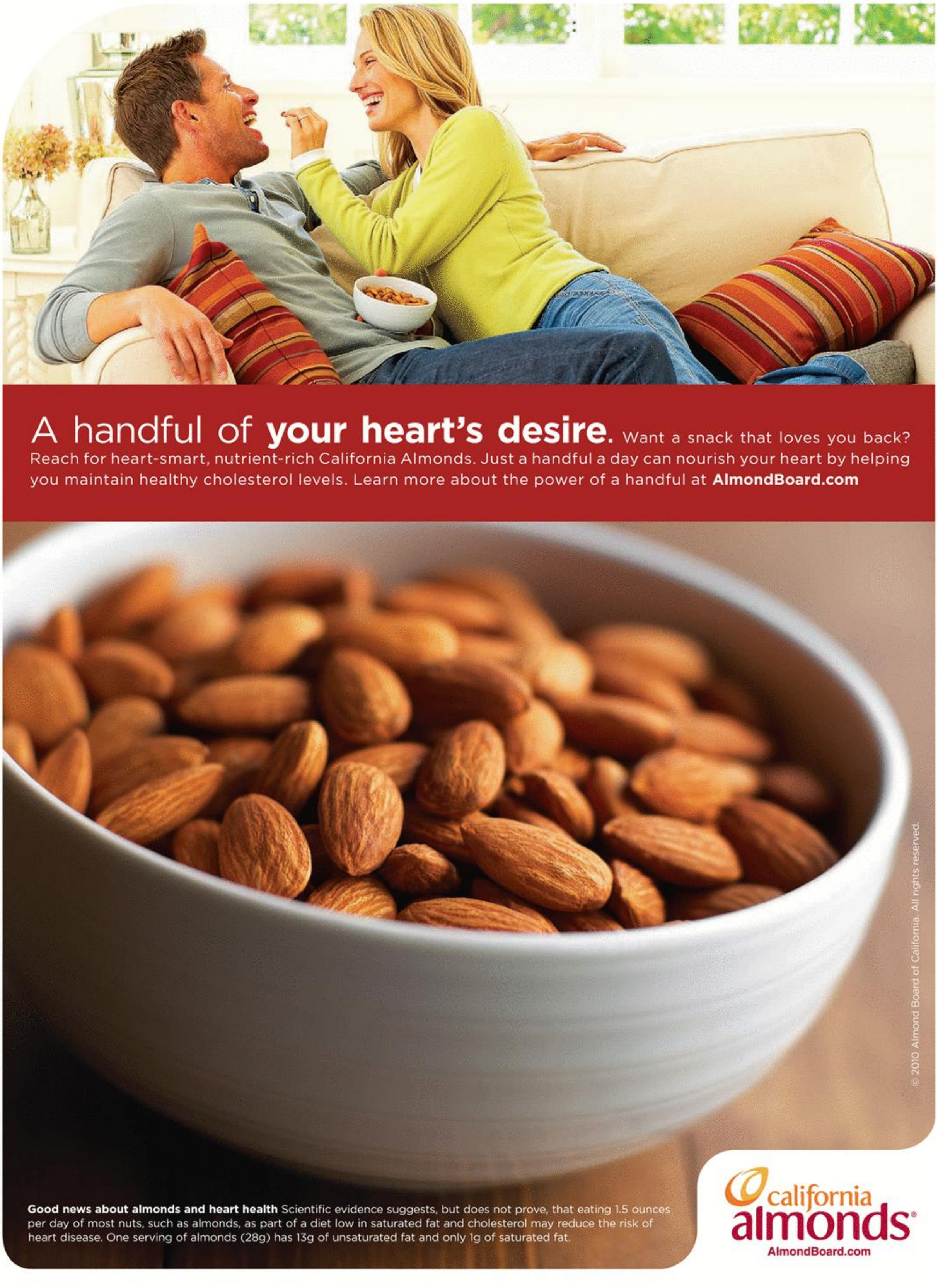

A handful of **your heart's desire.** Want a snack that loves you back?

Reach for heart-smart, nutrient-rich California Almonds. Just a handful a day can nourish your heart by helping you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**

Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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Catch a sneeze in its tracks.

Only Kleenex® Brand has Sneeze Shield in all of their tissues to help keep stuff off kids' hands. So they can pass on the fun of learning. Sneeze Shield your classroom.

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Road rules

Building the anticipation for a trip is half the fun! Get the whole family involved in pre-vacation preparation, and you'll get the absolute most from it—before, during, and after.

photos KATHRYN GAMBLE produced by MEREDITH LADIK and JEAN NORMAN

hair and make-up MARY-KATE GALES

PLANNING

There are two kinds of prep you need to think about before going on vacation: 1) the what-to-pack stuff, and 2) the what-will-we-*do* research that gets everyone stoked to head out the door.

First, the nitty-gritty on packables: Medications, a first aid kit, and a few tubes of sunscreen are givens, as is gadget gear like chargers, batteries, and headphones. Get your stash into one comprehensive list via *packwhiz.com*—the free site lets you generate packing lists based on your destination. (It'll even remind you to set your TiVo and take out the garbage before you leave!)

Other vacation-savers to add to your list? Plastic zip-top bags are waterproof, see-through, and simply indispensable. Bring a bunch. And consider breaking a few $20 bills into a wad of $5 bills. In the age of ATMs, stores will appreciate the fiver, and you'll appreciate being able to hand a smaller note to the kids.

Now for the fun stuff: the anticipation! Start the vacation early by reading a book set at your destination. The eastern shore comes alive in Katherine Paterson's *Jacob Have I Loved*, and John Steinbeck's *Travels with Charley* is the original road-trip travelogue. If you're planning to drive, steer the kids to *maps.google.com* to help map out a route and find historic sites and scenic views. While they're online, usher them to state tourism websites (say, *travelwisconsin.com* or *massvacation.com*) to look for more history and attractions. *Roadsideamerica.com* lists fun spots to visit along the way (world's largest spur! pencil sharpener museum!). Other great sites? Check out *minorleaguebaseball.com* to find a game; *driveintheater.com* for theater listings by state, or *statefairdates.com*—and bring on the "when do we leave?" chants.

—Jennifer Shaw

ROUND OUT YOUR VACATION PLANNING WITH SOME KID-GENERATED RESEARCH—AND WATCH AS THE EXCITEMENT BUILDS.

PACK RULES

The key to creating a successful travel kit is to be prepared for literally anything (bug bites, blisters and more). If you can, create a custom kit for your own needs, but if you're short on time, readymade options abound.

DIY KITS

Want to create a custom kit? Start with a plastic multilayer case (try a hardware store for great options), and organize per tray—stash minor medical supplies on one, and technology extras on another (no juice for cell phones or cameras is arguably a lifestyle emergency!). Another all-purpose item to keep on hand: a pocket multitool (try Leather-man Juice XE6 Thunder Purple Multi-Tool, $100; *leathermanstore.com*).

TRAIL MASTER

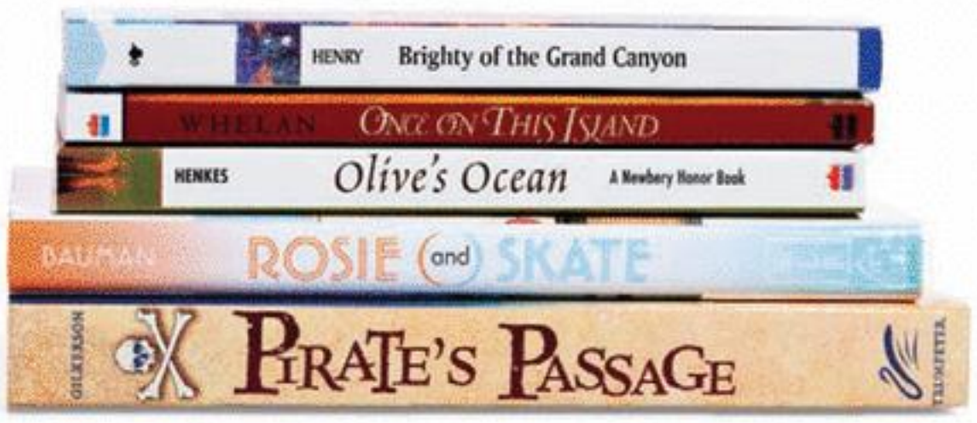
With bug repellent, sunscreen, and anti-microbial towelettes, the All Terrain Outdoor Travel Kit lets nature do her worst—while you stay shielded. *$13 at amazon.com*

GERMINATOR

The ingenious grab-and-go "Germ-Free Pak" comes with antibacterial hand soap sheets, toilet seat covers, antibacterial towelette—perfect for scary rest stop bathrooms. *$28 at flight001.com*

READ ALL ABOUT IT

Junior regional reads include *Brighty of the Grand Canyon* by Marguerite Henry; *Once on This Island* by Gloria Whelan; *Olive's Ocean* by Kevin Henkes; *Rosie and Skate* by Beth Ann Bauman; and *Pirate's Passage* by William Gilkerson.



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mommyisms: insights from mom to mom

Now, the simple joy of a Happy Meal® leads to a simple act of kindness.

The Happy Meal she loves now helps families be closer to the ones they love. And that makes every trip to McDonald's® even more special for me.

She's happy and I'm happy to help. Sharing a great meal with my family and helping Ronald McDonald House Charities® too? That's a Happy Meal.

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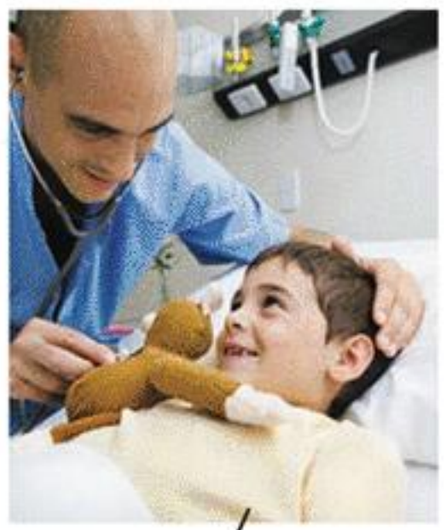


Your donation goes to help more than 700 families of hospitalized children each day.

i'm lovin' it®

McDonald's donates 1¢ per Happy Meal sold, at participating McDonald's® beginning June 25th. ©2010 McDonald's

CAR TIME

Had enough of the license plate game? Try some music. Skip the headphones, though, and go for a little car karaoke. Set a rule that everyone gets to play DJ for a set amount of time. You can introduce your kids to the Stones, and you might just enjoy grooving to their Jay-Z. Google song lyrics and print out ahead of time.

For those who'd rather listen than sing, check out *audible.com*'s 75,000 downloadable titles including Michael Scott's bestseller *The Secrets of the Immortal Nicholas Flamel* and John Grisham's new release for kids, *Theodore Boone: Kid Lawyer*.

Or you can keep it low-fi. Pass around a Rubik's Cube to see who can complete a side the fastest. Or use the uninterrupted time on a road trip to give a crafty tutorial. Pack a skein of yarn and knitting needles or a crochet hook, and teach your kids to cast on or how to make a crochet chain.

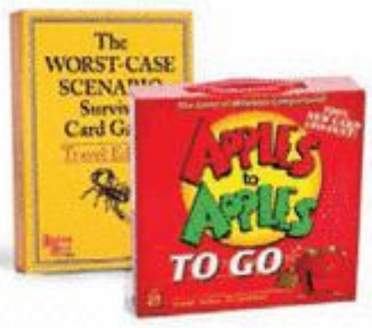
If you have a teen in tow, this is the perfect time for your young driver to give that learner's permit or new license a workout under your direct supervision. Uncrowded highways are a great way get some hours behind the wheel—and no one will be bored.

One final way to keep everyone entertained? Make the "car" the entertainment! That is, rent a recreational vehicle. When you factor in hotel and restaurant savings, the rental could turn out to be a better value than you'd expect. Go to *rvrentalsofamerica.com* to for more information.

—Rebecca Ffrench

GO THE DISTANCE

Road-tripping is the ideal time to engage the whole family in an activity (and PS, watching a DVD together doesn't count!).



FULL DECK
Card games like the Worst Case Scenario travel editon ($6) or the comparison fun of Apples to Apples ($15) score high points for car-travel convenience and conviviality.

NEAT FREAKS
Keep the backseat super-tidy with this pocket-filled backseat organizer. *$34 at thestoragestore.com*

FOLLOWING DIRECTIONS
Family vacation harmony? Bring on the GPS—and forget the arguments. *Garmin 1260T, $190*

DRIVE-TIME DINING DONE RIGHT

Single-serving sizes are one of the rules of road food, as is cleaning out and organizing the cooler every day. Some desserts can even pull double-duty as toys. Try Pez, animal crackers, or Lego-shape candy ($9 a pound at *amazon.com*).

BY THE BOX
Divide and conquer: Interior containers keep snacks ultra-organized—and they're a cinch to wash afterwards. *Deluxe lunchbox with five interior containers, $45; spoonsisters.com. Canteen, $19, L.L.Bean; llbean.com*

SPORK IN THE ROAD
Whatever yummies you've packed, these multi-use sporks can handle. They're reusable (and dishwasher safe), so don't toss them when you've reached your destination. *$9 for a set of three; spoonsisters.com*

FOOD

A cooler is essential, for both trip and destination. Fill it with bags of trail mix (kids can make their own), cheese cubes, yogurt tubes, and containers of firm fruit and hard veggies. Instead of a sandwich, put favorite fillers inside wraps or pita pockets—they're less crumbly on seats. And remember to test your cooler for leaks before you leave!

Make dining part of the fun. Skip MickeyD's in favor of a local diner or roadside favorite. For a state-by-state guide, check out Guy Fieri's *flavortownusa.com* or Jane and Michael Stern's *roadfood.com*. They'll send you to places you might never find on your own—or forget.

Once ensconced, have everyone pick a night to make dinner and theme it around regional specialities. At a Wisconsin lake house? Grill some bratwurst and serve German potato salad followed by a pie made with Wisconsin apples. Or complete a week at Cape Cod with a dinner of cod cakes, Boston baked beans, and brown bread, capped off by blueberry cobbler.

—Holly Robinson

GO NATIVE
Same old gets old. Find out what the locals eat and sample some yourself.

Find more issues at magazinesdownload.com

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Change the way your kids see water.

NEW **Kool-Aid Fun Fizz drink drops** make water so fun, your kids will ask for more. Plus, it's just 5 calories.

makes mornings pretty

Introducing new
Ice Cream Shoppe™
flavors with 25% less sugar*

pop-tarts toaster pastries

Ice Cream Shoppe™

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*Contains 25% less sugar than 55 to 75 of the top 100 toaster pastries (IRI US FDMx Unit Sales 12wk w/e 11/1/09) Kellogg's® Pop-Tarts® Ice Cream Shoppe™ Toaster Pastries contain 11g to 12g sugar/48g serving compared to 16g to 21g sugar/50 to 54g serving in other toaster pastries.

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MEMENTOS

Give your holiday an afterlife with creative documentation. To start, come up with a signature photo technique. It could be posing in front of state border or continental divide crossings, or with every local police car you come across. Tired of the point-and-click? Make a videolog instead, and let the kids interview people they meet. Or, start a collection: Always-useful magnets or mugs serve as everyday vacation reminders. Plus, take advantage of postcard ubiquity and buy one at each destination. Have every family member write a note and then mail it home. When you return, you've got a ready-made travel log you can laugh over—and put right into an album. Want a free digital keepsake? Set your smartphone's weather app to each place you go. Your memories will be at your fingertips, every time you check the five-day forecast.

FOR THE RECORD

Mix up your holiday mementos with souvenirs that are uniquely yours.

FOR VID KIDS
The SlideHD Flip (with a customizable case) gives you four hours of recording time, which you can watch on the camera right away. *$279 at theflip.com*

SIGNATURE STYLE
Give your snapshots continuity with a fun pose like jumping—or fist-pumping.

WISH YOU WERE HERE
Postcards to yourself make a perfect photo journal when you get home.

YOU CAN BRING IT WITH YOU!

We're loving useful take-alongs like Travel Hammock's giant beach (or picnic) blanket made from parachute material, $40; *travelhammock.com*; and Aquapac's waterproof camera case, $55; *aquapac.net*. Other faves:

IT'S DRY TIME
Protect wallet, cash, and other items with Magellan's Surf Safe. It's waterproof and can hook onto your bathing suit or knapsack. *$8 at magellans.com*

GET NOTICED
Hey, it can rain on vacation, too. A bright color and pattern make it easy for a family to find each other in a sea of black umbrellas. *$25 at flight001.com*

ONCE YOU'RE THERE

When you've settled into your beach house or campsite, it's a good idea to have a rough outline of what you're going to do. Establish some family ground rules about TV and Internet time, cleanliness, and food schedules. Make sure everyone—especially teens—knows the parameters of parent-free exploring and socializing. And always give kids a rundown of what to do in an emergency. When you have all that important stuff out of the way, remember: You're on vacation. Relax and have fun!

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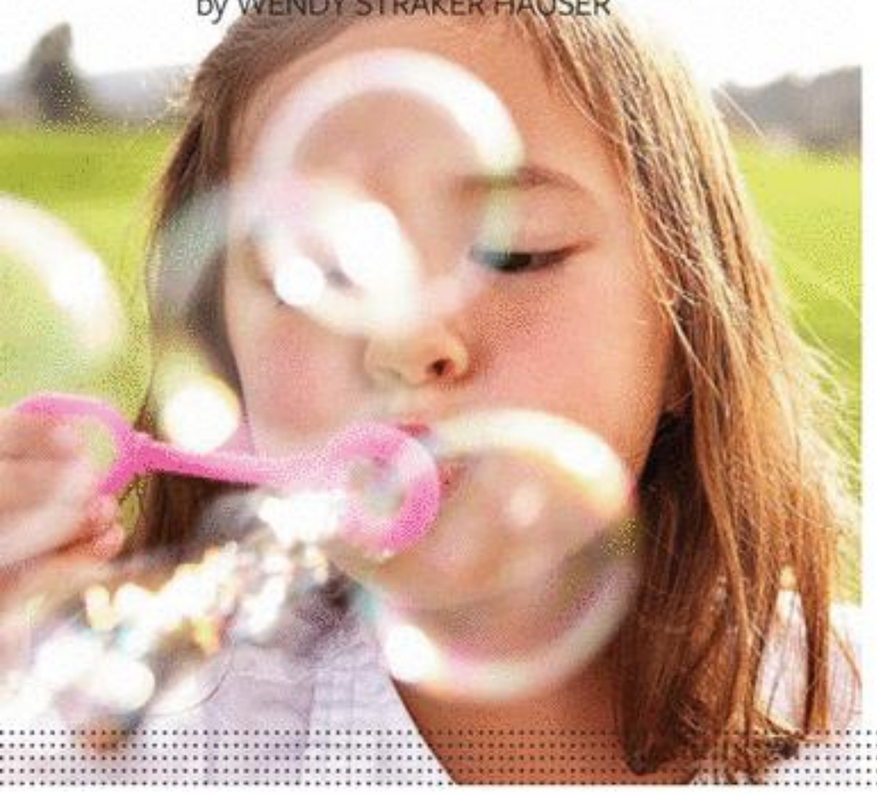
family news

CUES YOU CAN USE FOR TIME TOGETHER

by WENDY STRAKER HAUSER



A Better Bubble

Chemists told Zubbles creator Tim Kehoe his vision of nontoxic, nonstaining colored bubbles was impossible, but 15 years later it's their bubble that's been burst. Ours are still floating around the family room—orbs of pink and blue that leave only a happy toddler in their wake. When bubbles pop, the mark they leave disappears within 10 minutes. Seriously, we tried it—a lot. No stain whatsoever. $3.99 at *zubbles.com*

S'mores-gasbord

Prepackaged s'mores kits? S'mores-makers that turn out nuked versions of the campfire treats in 30 seconds? Seems like everybody wants to reinvent a classic. But for National S'mores Day (Aug. 10) we're thinking just a subtle addition to the recipe of graham cracker, toasted marshmallow, and chocolate: smear of peanut butter.

CAFETERIA CONFIDENTIAL

Managing your kids' menu may have been easy over the summer, but now that school lunches are around the corner, you've got the "vegetable" ketchup and mystery meat to contend with. Chances are Jamie Oliver isn't bringing his *Food Revolution* to your town, but don't start a food fight just yet. Farm to School connects more than 2,000 schools in 40 states with local farms to serve healthful meals in school cafeterias. The objective is to reduce obesity, improve student nutrition, and support local and regional farmers. Visit *farmtoschool.org* for information on how to get your school involved.

Pop-Up Quiz

The average teenager spends practically every waking minute outside of school using a smartphone, computer, television, or other electronic device. So says the Kaiser Family Foundation, which found that children ages 8–18 used such devices for more than seven and a half hours a day. That's why we were so excited to hear about GetNoodles. This free new educational software program interrupts kids' Web surfing, texting, blogging, you name it, with pop-ups that ask grade-appropriate questions in subjects ranging from geometry to German. Kids have to answer correctly to get back to their computer activities. Download at *getnoodles.com*.

PHOTOS: VEER

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SCRAPES AND BRUISES ARE PART OF GROWING UP.

BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.
Or visit sponsor.webmd.com/preteenhealth to learn more.*

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*Provided as an educational resource by Merck on WebMD.

Family Food Album

Want your kids more involved in dinnertime? Try making a family cookbook. Inspired by a friend with terminal cancer who wanted to leave a legacy to her children, Suzanne Beecher, author of *Muffins and Mayhem: Recipes for a Happy (if Disorderly) Life* (Simon & Schuster) launched Create Your Own Cookbook, an online application in which families can do just that. At *muffinsandmayhem.com*, parents and kids can type up their favorite recipes, upload photos, and add personal stories, all in a cookbook format. The best part? It's free.

FARMER FOR A DAY

Maybe you don't have a garden in your backyard, but that doesn't mean you can't pick your own fruits and vegetables. Set aside a date this summer to take your family strawberry picking, then head home and make jelly. Or just grab some veggies for a farm-fresh salad. Pickyourown.org lists which foods are in season, where the closest farms are, plus a series of easy-to-follow recipes for when you get home. Bonus: Your kids just might get the true meaning of a farmer's tan.

Songs of the Summer

Mix tapes might be so old-school, Mom, but the concept is still very much alive. Spice up those backyard barbecues with your family's own summer song playlist. Enlist your kids to choose their favorite tunes, then mix in some of your greatest hits. See how the Lovin' Spoonful's "Summer in the City" stacks up against Miley Cyrus' "Party in the USA."

rescue me

Been considering a four-legged addition to the family? Summer is the perfect time to give in to your child's desire to adopt a dog or cat. They'll have time to bond while your child learns how to care for the furry companion. While giving unconditional love, a pet also improves a child's self-esteem, cognitive development, and even immune system, says ASPCA of Los Angeles vet Karen Halligan. Visit *petfinder.com* to learn more about how to adopt the right dog or cat for your family.

PHOTOS: VEER

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hellojell-O

So jiggly. So wiggly. So fun.

Facebook.com/jello

The Bite Stuff

A variety of easy-to-stomach foods just may be the solution to GI woes.

by LAMBETH HOCHWALD photos BLAINE FISHER
food stylist GREG LUNA

Heartburn, lactose intolerance, acid reflux—if you've ever experienced these or other bellyache-causing conditions, you know there are certain foods that just don't sit well. But that's not the end of the story. It turns out there's plenty of stuff you can eat that actually aids a host of digestive conditions.

PROBIOTICS & PREBIOTICS

We barely had time to know what probiotics are, and now we've moved on to *pre*? It turns out they work together. Probiotics are the beneficial bacteria that live in your intestine and aid digestion. They also keep naturally occurring bad bacteria in check and may help treat gastrointestinal illnesses. Newcomers on the health radar screen, prebiotics are the nutrients that allow probiotics to thrive. You can get both from certain foods, and eating them together is a great way to ensure they're doing the most for your body.

Best probiotic foods: Yogurt, buttermilk, and cottage cheese. Also, fermented milks such as acidophilus milk and kefir, and fermented soybean such as miso and tempeh.

Best prebiotic foods: Artichokes, bananas, berries, almonds, barley, flax, wheat, oats, leeks, asparagus, honey, chicory root, garlic, onions, and legumes.

Tip: Combine oats with yogurt in the morning for maximum benefit. Not sure about your yogurt's probiotic status? Look for the National Yogurt Association's Live & Active Cultures seal (aboutyogurt.com) to see if your yogurt has enough to get a health benefit (100 million cultures per gram, or for frozen yogurt, 10 million per gram).

PHOTO: MARTY BALDWIN

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Which of these gauze pads would you trust with your wounds?

Leading Store Brand Non-Stick Pad

VS.

Johnson & Johnson Non-Stick Pad

(hint #1)

With HURT FREE® Design, our Non-Stick Pads were clinically tested and shown not to stick to wounds.

(hint #2)

An anti-leak core absorbs fluids in 1 second with QUICK-LOC™ Technology.

(hint #3)

Our Non-Stick Pads are hospital grade.

If treating wounds is part of your routine, use what the medical professionals use. With Johnson & Johnson RED CROSS® Brand Hospital Grade Non-Stick Pads, you get superior healing power right in your medicine cabinet.

Download a free coupon to experience the difference yourself. Visit jnjfirstaid.com.

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"Be sure to increase your intake of water or fluids when you increase your intake of insoluble fiber" —ANNE VANBEBER, R.D., PH.D.

FIBER

Found in plant-based foods, fiber is the part of the food that the body doesn't digest. There are two kinds, insoluble and soluble, and they're both good for you. As its name indicates, the former doesn't really change in the digestive tract; it promotes regularity. Insoluble fiber helps to move foods and toxins through the body quicker, says Pat Baird, R.D., author of *Be Good to Your Gut*. Soluble fiber dissolves in water and can help lower cholesterol and glucose levels.

Best fiber foods: Wheat bran, oat bran, bran flakes cereal (look for one with at least 5 grams of fiber per serving), legumes (especially soybeans, peas, and peanuts), and the skins of fruits and vegetables.

Tip: Aim to get 25–38 grams of fiber into your diet per day. Figures show that most of us get only 10–15 grams. And if you're upping your fiber, make sure to increase your water or fluids, too, to avoid blockage in your colon, suggests Anne VanBeber, R.D., Ph.D., chair of the department of nutrition at Texas Christian University in Fort Worth.

SPICES

Made from dried seeds, bark, roots, or fruits, spices confer benefits beyond the palate and have long been used in Chinese and Ayurvedic medicine, which is practiced in India. Ginger treats nausea and diahrrea. Cinnamon, which contains antioxidants, helps control diarrhea and relieve abdominal spasms due to gas, as well as constipation.

Best digestion spices: Ginger, cinnamon, and coriander.

Tip: Add fresh ginger to your cooking or take ginger root extract in pill form. Avoid ginger in pill form if you're taking blood pressure or blood-thinning medications, says Hannah El-Amin, R.D., L.D., C.D.E., a clinical

PROBIOTIC 411

We know that probiotics are one of those wonder helpers that ease digestive problems. But which is better: supplement or whole food form? Both are equally helpful in aiding digestion. Opt for a probiotic in supplement form if you're taking antibiotics (which can wreak havoc on your digestive tract), are lactose-intolerant, or don't particularly like probiotic-filled foods like yogurt. If you're shopping for a probiotic supplement, look for one with 1–2 billion colony-forming units per recommended dose, says Northwestern's El-Amin. Also good to know: More studies are showing that probiotics are important for your overall health. In a recent Swedish study, probiotics not only helped keep participants' digestive systems healthy, they also kept participants from getting sick. Those who took a daily supplement of *Lactobacillus reuteri*, a probiotic that also works to boost white blood cells, ended up taking one-third fewer sick days than those taking the placebo.

"Tea reduces the level of the stress hormone cortisol, which can seriously affect digestive health." —CYNTHIA SASS, R.D.

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Celebrating over 70 years of saving people money on car insurance, and a 97% customer satisfaction rate. He may look serious, but he's smiling inside.

From the day we first opened our doors in 1936, GEICO has been saving people money on car insurance. Of course, the Gecko® hasn't been working nearly that long, but he's certainly been helping establish GEICO as the nation's fastest-growing auto insurer. He's doing a nice job, with over three million drivers switching to GEICO last year. Others have noticed, too. Recently, a leading insurance analyst gave us their highest rating for financial strength. So if saving hundreds on car insurance sounds good to you, just call, go online or stop by your local GEICO office. The Gecko will be happy to help.

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"Digestive enzymes help make the digestive process go more smoothly."

—ANNE VANBEBER, R.D., PH.D.

dietitian at Northwestern Memorial Hospital's Center for Integrative Medicine and Wellness in Chicago.

TEA

Tea not only counts toward your daily water intake—which is key for digestion—but also was proven in a recent study to reduce the levels of the stress hormone cortisol, which can also seriously affect digestive health, says Cynthia Sass, R.D., a dietitian in New York City and co-author of *The Ultimate Diet Log*.

Best digestive teas: Chamomile, ginger, and peppermint have long been recommended to calm the stomach and relieve bloating, gas, diarrhea, and indigestion.

FRESH FRUITS AND VEGETABLES

Fruit and veggies bring more than fiber to the digestive table—they also add digestive enzymes that help break down carbohydrates, starches, and protein. Some of these digestive enzymes can withstand the high acidity of the stomach and ultimately make the digestive process go more smoothly, decreasing the chance of gas, bloating, indigestion, and cramps, says Dr. VanBeber.

Best enzyme foods: Pineapple and papaya contain a digestive enzyme called papain that has a mild soothing effect on the stomach and aids in digestion of proteins. Spinach, romaine lettuce, and seaweed also contain high levels of digestive enzymes.

Tip: The heat of canning renders papain and other enzymes inactive, so stick with fresh fruits and vegetables.

FERMENTED BEVERAGES

This is the fun one: booze! Fermented alcoholic beverages are believed to stimulate gastric acid and speed up the emptying of food from the stomach.

Best digestive beverages: Wine, sherry, and beer.

Tip: Alcoholic beverages that are distilled as well as fermented, like rum, cognac, and whiskey, won't have the same digestion-aiding effect. Also, remember: This is alcohol we're talking about. As always, moderation is best.

TUCK INTO TUMMY-FRIENDLY FARE

TEA

Tea doesn't have to be hot. Brew some ginger and serve iced.

FIBER

One cup of edamame has 6 grams of fiber and 12 grams of protein. Buy it frozen, then boil and sprinkle with a little salt for a healthy, easy summer snack.

PROBIOTICS

Make crème fraîche with buttermilk and whipping cream and serve with sweet fruit desserts.

SPICES

Cinnamon isn't just for dessert. It makes a great rub for pork and lamb.

FRUITS AND VEGETABLES

Fresh pineapple is perfect on its own and adds pizzazz to salads, salsas, and sangrias.

FERMENTED BEVERAGES

In summer, lighten up red or white wine by adding ice and sparkling water for a spritzer.

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Fitness Express: Arms

Little time to exercise? Our new Fitness Express series will help you shape up with a speedy 10-minute workout from the experts at our sister publication, *Fitness* magazine.

What You'll Need:

a 4- to 8-pound medicine ball ($15 and up, power-systems.com)

1 Propped Push-Up

Targets shoulders, back, chest, triceps, abs

► Start on all fours (knees under hips, back flat), both palms pressing into ball positioned directly below chest, fingers pointed toward floor. Extend legs behind you and balance on toes so that you form a straight line from head to heels, with feet about 2 feet apart.

► Bend elbows to lower chest toward ball, keeping arms by sides, abs engaged, and back flat. Exhale as you push back up, straightening arms.

► Do 8 reps. Rest 60 seconds; repeat.

2 Smash-Down

Targets shoulders, back, triceps, abs

► Stand with feet shoulder-width apart, holding ball with both hands in front of thighs, abs engaged.

► a. Keeping shoulders down, swing ball up and slightly behind head, bending elbows, as you lift heels off floor and stand on tiptoes.

► b. Forcefully swing ball down, lowering heels to floor and bending knees in a slight squat. Return to stand.

► Do 15 reps. Rest for 30 seconds; repeat.

3 Star Pass

Targets shoulders, back, abs, obliques, glutes

► With ball in left hand, extend arms out to sides at shoulder level, palms up.

► Lift right leg straight out to side and lean to left while maintaining balance.

► Lift arms overhead as you lean back to center, pass ball to right hand and switch legs. Lower arms to shoulder level and lean to right for 1 rep.

► Do 10 reps. Rest for 30 seconds; repeat.

4 Curl and Toss

Targets shoulders, back, biceps, triceps, abs

► Stand with feet shoulder-width apart, holding ball in right hand, arms by sides.

► a. Curl ball up to right shoulder, keeping elbow by side.

► b. Bring left hand to right shoulder and use both hands to lightly toss ball straight up.

► Catch ball with both hands and bring it to left shoulder. Holding ball with left hand, return right arm by side.

► Lower left arm. Repeat curl/toss on left for 1 rep.

► Do 12 reps, then repeat, going faster with good form.

5 Ball Fly

Targets shoulders, chest, obliques

► a. Holding ball in right hand, lie faceup with legs lifted, knees bent 90 degrees. Extend arms straight up, directly over shoulders.

► b. Pass ball to left hand and slowly lower left arm straight out to left while lowering bent knees and right arm to right.

► As soon as right arm touches floor, bring legs and arms back to center. Pass ball to right hand and repeat on other side for 1 rep.

► Do 10 reps. Rest for 30 seconds; repeat.

JAY SULLIVAN. HAIR: DANIELLE IRENE FOR ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: STEFANIE SYAT. GIGI ACTIVEWEAR TOP. RESE CAPRIS. MODEL'S OWN SHOES.

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health news

THE INFORMATION YOU NEED TO STAY WELL

by SARA ALTSHUL

Heart eats

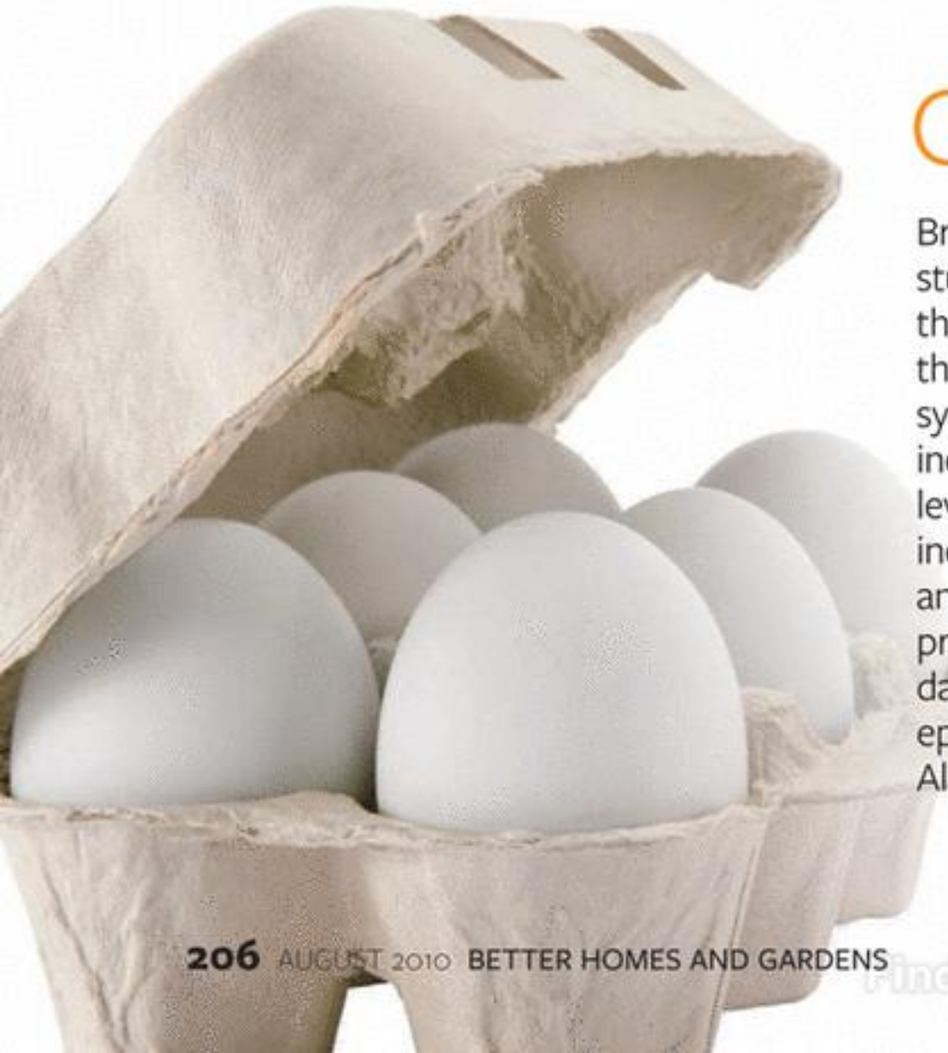
Give your heart a break at the dinner table by choosing foods that don't spike blood glucose levels. A diet of glucose-spiking eats, known as high-glycemic foods, can double a woman's risk for heart disease, according to a recent study by Italian researchers. Choosing foods with low numbers on the glycemic index (those under 55) and avoiding high-GI choices (those 70 or higher) are especially important if you're diabetic or have a family history of heart disease. Look up the GI stats for foods on the University of Sidney's website, *glycemicindex.com*. Once you know a food's GI rank, it's easy to make simple switches, like rye or pumpernickel (41) for white bread (73), or All-Bran cereal (38) for corn flakes (81).

PAY IT FORWARD

Performing a good deed for someone makes him or her more likely to do something nice for someone else, say researchers at Harvard and the University of California, San Diego. Their study provides strong evidence that cooperative behavior spreads from person to person to person—like a benevolent virus. In the study, volunteers simulated giving money away to others. The researchers observed a domino effect, in which one person's kindness spread first to three people, then to nine people, and then to even more people. What's more, after giving, you become a more generous person who'll give to others more frequently. Happily, no one's immune to the kindness flu. "We found that the effect works on Scrooge and Santa personalities alike," says study co-author James H. Fowler, Ph.D., a professor at UC San Diego and expert on social networks.

Lonely Hearts Club

Reason No. 872 to call your sister, volunteer, or play with your dog: Lack of connection is unhealthy. University of Chicago research results show that persistently feeling lonely raises blood pressure, increasing risk of stroke or heart attack.



over easy does it

Bring on the bacon and eggs! A new study shows that eating a little fat first thing and keeping fat and calories low in the evening might ward off metabolic syndrome—a cluster of symptoms, including abdominal fat, high triglyceride levels, and insulin resistance—that increases risk of cardiovascular disease and diabetes. Your first meal seems to program metabolism for the rest of the day, says Molly Bray, Ph.D., professor of epidemiology at the University of Alabama. A relatively fat-rich breakfast helps you metabolize fats and carbohydrates during the day, while a carb-rich breakfast seems to promote only carb metabolism. In addition, eggs reduce hunger, so you eat less at lunch and all day long. In a new University of Connecticut study, breakfast egg-eaters ate 112 fewer calories at an all-you-can eat buffet lunch three hours later than bagel-eating counterparts. They also consumed about 400 fewer calories in the 24 hours following breakfast than did their bagel buddies.

PHOTOS: (DOMINOS) PHOTOGRAPHER: CHAD BAKER, COLLECTION: DIGITAL VISION, GETTY IMAGES; (EGG CARTON) VEER

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SEND THE BLUES AWAY

Drowning your troubles: Maybe not such a good idea. But writing them off? Definitely. It works, say University of Toronto researchers. Just describe your unhappy experience in a letter and then pack it away in a box or envelope. That simple act will give you closure and improve your negative feelings about the event, say researchers who studied the phenomenon.

chip thrills

Sour cream and onion? That's so stale. Now there's Beanitos—bean chips that come in two South-of-the-border flavors, black bean and pinto bean with flaxseeds. But taste isn't the only reason to dip in. These chips are wheat-, corn-, gluten-, trans fat-, and soy-free; protein- and fiber-rich; and pack a heart-healthy punch of omega-3s. (The pinto variety offers 1,200 mg, swimmingly close to a 3-ounce salmon serving's 1,900 mg.) Find 'em at most supermarkets.

DOG TAGS 2.0

Joggers, hikers, and anyone else who likes to venture out unencumbered, rejoice. Launched this summer, the VITAband is a sleek, waterproof wristband that gives first responders your name, emergency contact information, and medical history. You input your info into a secure website—as much or as little as you like—and responders can access it instantly via phone, smartphone, or computer. You can also preload money straight from your bank account onto the band. Then, contactless payment technology lets you "wave and go" at thousands of outlets across the country, including convenience stores, restaurants, gas stations, drug stores, and even movie theaters. VITAband costs $19.95; service is $19.95 annually; only in black right now, but other colors are in the works. Available at *vitaband.net*.

Quick Tip: When motion- or seasickness strikes, ginger can relieve queasy tummies. Yummy pack'n'go **Gin-Gins** Boost Ultra Strength ginger candies are an easy way to settle things down. Have one ginger candy every 15 minutes for one hour before your trip. Gin Gins, 3 oz bag, $2.39 at specialty and natural food stores, or online at *gingerpeople.com*.

bone-loss medication

Q: My doctor says I have some bone loss and suggested starting medication. But I'm worried about side effects. Is there any way for me to increase bone density without drugs?

A: There are important things you can do to prevent further bone loss and to reduce the development of osteoporosis. Eat a balanced diet of nutritious food, including adequate calcium and vitamin D. Limit caffeine and alcohol intake; avoid smoking. Try to get 30-60 minutes of exercise most days, with a combination of weight-bearing exercise (e.g. walking, dancing, stair-climbing), strength-training (weights, resistance bands, water activities), and back-strengthening exercises. Peak bone density is reached around age 30. After that, efforts are focused on keeping the bone mass you have and preventing further bone loss that occurs with aging and speeds up at menopause.

HAVE A QUESTION ABOUT HOW TO IMPROVE YOUR HEALTH? E-mail us at *BHGfeatures@meredith.com*. We'll select one question every issue and ask our health advisory panel to answer it. (Sorry, the doctors can't respond to all your questions personally.)

LYNNE SHUSTER, M.D.

As director of the Office of Women's Health at Mayo Clinic in Rochester, Minnesota, Dr. Shuster is at the leading edge of women-specific medicine.

PHOTOS: (CHIPS AND BRACELET) KATHRYN GAMBLE, (ENVELOPES) VEER

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Think Reclast

Reclast is a bisphosphonate like Fosamax,® Actonel® and Boniva.® With oral bisphosphonate treatments, only a fraction of the medicine gets to the bone with each dose, so you have to take them more frequently.

With Reclast, it's possible to significantly increase your bone mass without taking weekly or monthly osteoporosis pills. Reclast is the only once-yearly osteoporosis treatment, and is given through an IV by a doctor or nurse for at least 15 minutes.

How It Works

One annual dose, along with daily calcium and vitamin D, helps to increase bone density, protecting and strengthening your bones.

Reclast is given through an IV. It bypasses your stomach to go directly through the bloodstream to the bones, fortifying them and making them stronger for an entire year.

What to Expect

The benefits of Reclast last for a year. Most common side effects don't. The most common side effects include flu-like symptoms, fever, muscle or joint pain, headache, nausea, vomiting and diarrhea. Most occur within 1–3 days of treatment and can last up to 7–14 days. If you've taken oral bisphosphonates or have been treated with Reclast in the past, you are less likely to experience side effects. Taking a mild pain reliever like acetaminophen up to 3 days after treatment may reduce these symptoms.

The Cost

The average cost of a Reclast treatment is under $60 if you've already paid your yearly deductible. That's less than the annual cost of other drugs — including generics! As Reclast is an infusion, costs are covered by Medicare Part B, not Medicare Part D.

Talk to Your Doctor

Only your doctor can determine if Reclast is right for you. Ask your doctor about Reclast today.

Prescription Reclast is approved to treat postmenopausal osteoporosis.

Important Safety Information:

You should not take Reclast if you're on Zometa® (zoledronic acid) Injection because it contains the same active ingredient. Additionally, you should not take Reclast if you are pregnant, plan to become pregnant, you are nursing, have low blood calcium, kidney problems, or are allergic to Reclast.

It's important to drink fluids before getting Reclast to help prevent kidney problems. Tell your doctor if you have dental problems because rarely, problems with the jaw have been reported with Reclast. Discuss all medicines you are taking, including prescription and non-prescription drugs, vitamins and herbal supplements. If you develop severe bone, joint, or muscle pain, numbness, tingling or muscle spasms, contact your doctor.

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1-866-Reclast www.reclast.com

Please see next page for a brief summary of Important Product Information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.

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Important Patient Information

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WHAT IS RECLAST?

Reclast is a prescription medication used to treat osteoporosis in women after menopause.

If your doctor prescribes Reclast, you will be given one intravenous (IV) treatment of Reclast for at least 15 minutes to help reduce the risk of osteoporosis-related fractures for twelve months.

WHO SHOULD NOT USE RECLAST?

Anyone who has low blood calcium, is allergic to Reclast, or takes Zometa® (zoledronic acid) Injection should not take Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST?

- Reclast contains the same active ingredient found in Zometa. Therefore, if you are being treated with Zometa, you should not take Reclast.
- You should take calcium and vitamin D daily as directed by your doctor.
- If you have low blood calcium, have had parathyroid, thyroid, or intestinal surgery, or have malabsorption syndrome, talk to your doctor.
- Patients with kidney problems should not take Reclast. Your doctor may perform a simple blood test to check your kidney function before administering Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST? *(continued)*

- Rarely, jaw bone problems have been reported in patients treated with drugs in this class, including Reclast. Your doctor should give you a routine oral exam prior to prescribing Reclast.
- If you are pregnant, Reclast may cause harm to your baby. Therefore, you should not take Reclast if you are pregnant, plan to become pregnant or nursing.
- Infrequently, severe incapacitating bone, joint, or muscle pain may occur. Tell your doctor if you experience any of these symptoms.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF RECLAST?

The most common side effects include:

- flu-like illness
- fever
- muscle or joint pain
- headache
- nausea
- vomiting
- diarrhea

Most occur in the days following treatment. A mild pain reliever such as acetaminophen may reduce these symptoms.

For a complete list of Reclast's possible side effects, ask your doctor.

WHAT SHOULD I KNOW ABOUT TAKING RECLAST WITH OTHER MEDICATION?

- You should not take Reclast if you are taking Zometa.
- Tell your doctor about any antibiotics that you are currently taking. Certain antibiotics called aminoglycosides may lower your blood calcium for a long period of time.
- You should tell your doctor if you take diuretics.

STILL HAVE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or

- Call 1-866-RECLAST, or
- Visit www.reclast.com.

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RESOURCES

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ON OUR COVER

White picture frames—West Elm; 888/922-4119; westelm.com. **Table runner,** discontinued—Pottery Barn; potterybarn.com. **All other items**—vintage, discontinued or personal belongings.

GREAT WIDE OPEN

Pages 37–43: interior design—Cory Bennett, Cory Bennett Design, Inc., 210 Narcissus Ave., Corona Del Mar, CA 92625; 949/675-2525. **Contractor**—Chris Cantella through Trojan Builders; 714/580-6113. **Landscape design**—Heather Hendrickson Landscape Design; 949/293-1433.

Pages 38–39: driftwood mirror, artwork, plants, and succulents throughout—Molly Wood Garden Design; 949/548-1611; mollywoodgardendesign.com. **Throw pillows**—Zschoche; 949/673-2220; zschoche.com. **Spool chairs, sofa, coffee table, window coverings**—Cory Bennett Design (see previous). **Area rug**—Hart's Rugs (to the trade); 714/434-8347; hartsrugs.com. **Chair by door**—Bassman-Blaine; 714/431-1190; bassman-blaine.com. **Windows and doors**—Trojan Builders (see previous).

Pages 40–41: entry table—David Alan Collection; 858/481-8044; thedavidalancollection.com. **Aqua glass vase**—T.J. Maxx; for retail stores 800/285-6299; tjmaxx.com (product varies). **Marble countertop, cabinets**—Trojan Builders (see previous). **Counter stools**—Bassman-Blaine (see previous). **Window treatment**—Cory Bennett Design (see previous). **Banquette cushion fabric**—Sunbrella; sunbrella.com; also available through fabric stores nationwide. **Pillows**—Zschoche (see previous), Pottery Barn; 800/922-5507; potterybarn.com. **Pages 42–43: bath sinks, fixtures, hardware, tile work, bookcase**—Trojan Builders (see previous). **Vanity chair**—IKEA; ikea.com. **Girls' bedding, throw pillows**—Pottery Barn (see previous). **End table**—Blue Springs Home; 866/869-2583; bluespringshome.com. **Chaise, lamp, end tables**—Bassman-Blaine (see previous).

MARKET GREENS

Page 47: architect—Mark Frimodig Design, Inc.; 616/676-1891. **Builder**—Joel P. Harner, Let Us, Inc.; 616/893-2341; e-mail: joel@letusserveyou.com. **Table,** custom—Grand Design & Workshop; 516/454-1049; granddesignworkshop.com. **Chairs, pillows**—Pottery Barn; 800/922-5507; potterybarn.com. **Paint,** Historical Series (Georgian Green)—Benjamin Moore; benjaminmoore.com. **Felt circle pillow, cushions on banquette**—antique and discontinued. **Produce**—Melissa's Produce; melissas.com.

SEEING THE LIGHT

Page 48: wall and trim color, #6006-1A (Warm Putty), **ceiling color,** #CI-150 (Heavenly) Valspar Paint; **woven shades,** #B310 O'Tahiti (Whitewash); **cafe curtain rods,** #301301; **Harbor Breeze ceiling fan,** #214705—Lowe's Home Improvement Stores; 800/445-6937; lowes.com. **Curtains,** "Vivan" with hidden tabs; **rattan chairs,** "Majby;" **frame,** "Ribba"—IKEA; 800/434-4532; ikea.com. **Chair cushion fabric,** "Profile" #27977 (Sky #135)—Kravet through design professionals; 212/759-5408 ext. 204. **Dining table,** Calligaris "Planet"—Jensen-Lewis; jensen-lewis.com. **Sideboard,** Beverly Hills "Stark Buffet" (Walnut)—CSN Stores; csnstores.com. **Lamps,** "Triad" #15525—Lamps Plus; 800/782-1967; lampsplus.com. **Art between windows,** pressed flowers—Natures Pressed; 800/850-2499; naturespressed.com.

Page 50: round shell mirrors, Petit Abalone Shell Mirrors from Roost—Jayson Home & Garden; 800/472-1885; jaysonhomeandgarden.com. **Sectional sofa,** "Karlstad" (Linneryd Natural); **benches,** "Alve"—IKEA; 800/434-4532; ikea.com. **Fabric draped over sofa,** "Corren" (316); **turquoise pillow fabric,** "Profile" #27977 (Sky #135); **cushion fabric,** "Monrovia" (Driftwood #135); **yellow ikat pillows,** "Bosque" #27083 (Sunflower #414); **green striped ikat pillows,** "Danti" #28764 (Leaf #123)—Kravet through design professionals; 212/759-5408. **Double ball lamps,** Possini Double Sphere #51384, **coffee table,** "Button Glass," #J5423—Lamps Plus (see previous). **Round metal end table,** "Spokes," #GXV1121 Global Views—CSN Stores (see previous). **Area rug carpet,** Stainmaster Voyages "Fleecy" #13884; **pair of rattan chairs**—Lowe's Home Improvement Stores; 800/445-6937; lowes.com.

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RESOURCES

3 SPACE-SMART, SPLASHY BATHS

Page 56: double towel rail, #RK3364—Smedbo; smedbo.com. **Keystones Colorbody Porcelain Tile,** 2x2 (Oak Moss), #D195 (Garden Spot), #D141 (Galaxy), #D023, (Waterfall), #D169—Daltile; daltile.com.

Pages 58–60: architect—Mike Dinkins; e-mail: mdinkins66@hotmail.com.

Page 58: shower curtain—Lowe's Home Improvement Stores; 800/445-6937; lowes.com. **Showerhead, shower and tub faucet**—Danze, Inc.; 877/530-3344; danze-online.com. **Toilet**—Kohler Co.; 800/456-4537; kohler.com. **Light fixture**—Home Décor World; homedecorworld.com. **Glass block for window**—Pittsburgh Corning Corp.; 800/624-2120; pittsburghcorning.com.

Page 60: sink faucet—Express Décor; 866/507-2725. **Sink,** Decolav—Lowe's Home Improvement Stores (see previous). **Vanity, cabinet**—custom.

Pages 62–63: beaded board, "Woodhaven"—Armstrong World Industries; 800/233-3823; armstrong.com. **Sink,** Caxton #2210-G; **faucet**—Kohler Co.; 800/456-4537; kohler.com. **Vanity pipes, fittings**—Crown Industries, Inc.; 800/255-5678; gocrown.com. **Vanity top,** limestone—Rowat Cut Stone and Marble; 515/224-8604; rowatcutstoneandmarble.com. **Shower curtain,** "Freedonia," **bath mat,** "Turin," **cafe curtains,** made from "Lady Lady" shower curtain—India Rose; 415/626-5743; indiarose.com. **Robe,** Pink Tulips sateen—BedHead; 310/280-7244; bedheadpjs.com.

Page 64: architect—Alan Kearney, Kearney Designs; 781/749-7050. **Builder**—Richard J. Cleary, Cleary Construction, Inc.; 508/896-5558. **Designer**—Christine Battaglia, Designer Resources; 781/248-5801; e-mail: battaglia7@comcast.net. **Light fixtures**—Flemings Lighting; 781/383-0684; flemingslighting.com. **Wallpaper,** "Garparilla" (Seafoam Blue)—Scalamandré (to the trade); 800/932-4361; scalamandre.com. **Flooring**—Classic Tile & Stone, Inc.; 781/741-5230; classictile-stone.com. **Sink, faucets, toilet**—Republic Plumbing Supply; republicsupplyco.com. **Sink skirt fabric**—The Robert Allen Group through your designer or 800/333-3777; robertallendesign.com. **Cabinetry design**—Kearney Designs; **construction,** Cleary Construction (see previous). **Mirror**—Oceana; 508/240-1414; oceanacapecod.com (similar style available).

GONE FISHIN'

Pages 72–80: architect—Tim Taylor Architect, PA, 4647 Katherine Blvd., Jackson, MS 39211; 601/362-9164.

Pages 72–73: property sign—A to B Paul Gore Signs; 601/924-6323.

Pages 74–75: porch swing—CM CedarWorks; 662/993-8893; abcm.biz. **Lamp shades, pillows**—Anthropologie; 800/309-2500; anthropologie.com. **Wall color** (Bay), **trim color** (Insect Wing)—Pratt & Lambert Paints; 800/289-7728; prattandlambert.com. **Large sofa pillow**—The South; 601/968-0100. **Pink pillows**—B. Viz Design; 318/766-4950; bviz.com. **Rug**—World Market; 877/967-5362; worldmarket.com (product varies by location). **Sectional sofa**—Jane Shelton Design; janeshelton.com.

Pages 76–77: wall color (Reed Yellow), **trim** (Insect Wing)—Pratt & Lambert (see previous). **Bedding**—Neiman Marcus; neimanmarcus.com. **Iron bed, bedside table**—The South (see previous). **Hutch in dining room**—Mustard Seed Antique Emporium; 662/281-8004. **Green rug**—World Market (see previous). **Large pillow**—HomeGoods; to find a store 800/614-4663; homegoods.com (product line varies).

Pages 78–79: all items—vintage, discontinued, or personal belongings.

Page 80: yard and garden art—Poor Julia—Scrap Metal Art; 601/923-0922.

TRADITION'S CHARM

Pages 84–87: landscape design—Hertzler & George; 757/229-9668; hertzlerandgeorge.com. **For more information on the cottage garden**—Colonial Williamsburg; colonialwilliamsburg.com.

THE LUSH LIFE

Pages 92–99: builder/contractor, carpenter, woodworker—Kenny Dakin, 8 Blackman, Bethel, CT 06801; 203/730-9335 or 203/994-2599. **Gable cornice fretwork**—Architectural Details, Vintage Woodwork Catalog; 903/356-2158. **Metal arbor gate**—The Flower Corner Studio; 203/743-7463; neflowercorner.com. **Slate walkway,** Belgian blocks—Blue Stone Slate Masonry and More; 203/788-9953. **Railing posts, spindles, lattice**—Home Depot; homedepot.com. **Windows**—Anderson Windows; andersonwindows.com. **Slate roof**—David Destefano, DND Sheetmetal, Redding, California; 917/204-4399. **Paint: house** (Texas Sage), **trim** (Elephant Tusk), **accent trim** (Albatross), **door** (Federal Blue)—Benjamin Moore; benjaminmoore.com. **Door**—no source available.

Page 96: mirror, bench, table, birdcage, small coffee table, baskets—The Flower Corner Studio (see previous). **Director's chairs, rug**—Pier 1; pier1.com.

Q&A: COPING WITH SHADE

Pages 100–107: shade ornamentals—available in garden centers everywhere, including: plantdelights.com, whiteflowerfarm.com, monrovia.com, provenwinners.com (some websites have locators to find retailers in your area).

THE GARDENER

Pages 108–115: 'Prairie Fire' red switchgrass (*Panicum virgatum*)—Walters Gardens; perennialresource.com. **Plant/seed sources for hummingbird plants**—Prairie Nursery; prairienursery.com. **White Flower Farm**—whiteflowerfarm.com. **Chocolate flowers**—Chocolate Flower Farm; chocolateflowerfarm.com. **Disease-resistant tomatoes**—Park Seed; parkseed.com.

BEAUTY

Page 126: The Body Shop Ice Blue Shampoo—The Body Shop stores; thebodyshop-usa.com. **Crabtree & Evelyn La Source Hand Therapy Cream, Crabtree & Evelyn La Source Bath Tablets**—Crabtree & Evelyn Boutiques; crabtree-evelyn.com. **H2O+ Face Oasis Hydrating Treatment**—H2O+ stores; h2oplus.com. **Molton Brown Atoll Crystal Bath Soak**—select department stores; moltonbrown.com. **Calgon Morning Glory Foaming Bubble Bath**—mass market retailers nationwide; takemeaway.com. **Shaveworks The Cool Fix**—Sephora stores; sephora.com.

Page 128: Laura Mercier Under Eye Perfecter—fine department stores and Sephora stores; lauramercier.com. **L'Oréal Paris Go 360°**—mass market retailers nationwide; lorealparis.com. **Neutrogena Ultra Sheer Liquid**—mass market retailers nationwide; neutrogena.com. **Kiehl's Super Fluid UV Defense SPF 50+**—Kiehl's stores and select department stores; kiehls.com. **La Roche-Posay Anthelios 60 Ultra Light Fluid**—select dermatologists' offices; anthelios.com. **Beauty For Real Illuminating Gloss**—beautyforreal.com. **Maybelline Age Rewind Eraser Makeup**—mass market retailers nationwide; maybelline.com. **L'Oréal Paris True Match Roller**—mass market retailers nationwide; lorealparis.com. **Lancôme Oscillation Powder Foundation**—fine department stores; lancome-usa.com.

Page 130: Rimmel Soft Kohl Kajal Eye Pencil—mass market retailers nationwide; rimmellondon.com. **Revlon True Precision Tweezer**—mass market retailers nationwide; revlon.com. **Sonia Kashuk Spoolie**—Target; target.com; soniakashuk.com. **Anastasia Beverly Hills Brow Pen**—Sephora stores; sephora.com; anastasia.net.

PLEASE NOTE THE FOLLOWING CORRECTION FROM OUR JUNE, 2010 ISSUE: SHUFFLE THE DECK

Page 118: containers, Madison Series—Crescent Garden; 877/477-0027; crescentgarden.com.

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By Meg Borman

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You won't find the **90 Second Wrinkle Remover** by ***Instant Effect*** behind the counter at high-end boutiques and certainly not on drugstores shelves. It's only available in limited quantities direct from the laboratory. To ensure its integrity, ***Instant Effect*** is produced in small batches using our unique formula of scientifically proven ingredients. If you're serious about younger-looking skin, take the first step today and call the number below. Try it yourself, risk-free for 30 days...and wait for the "Wow."

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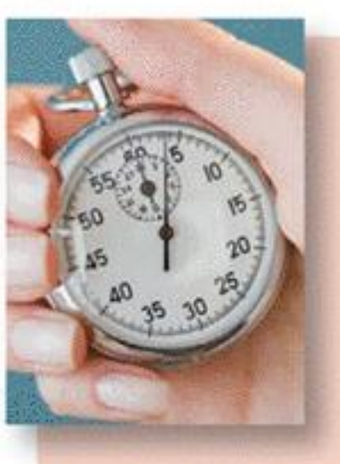

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Send your I did it! to ididit@meredith.com.

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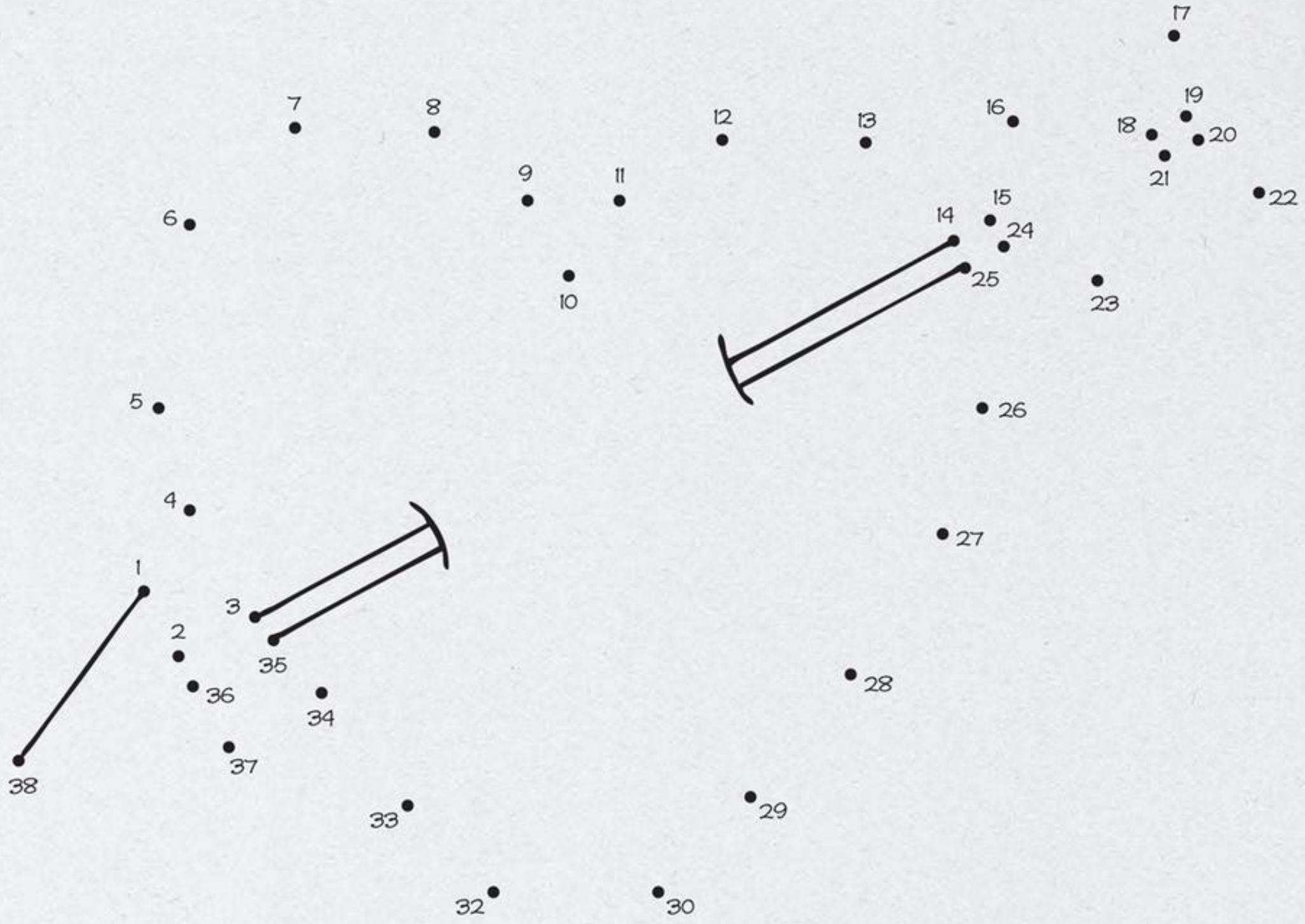

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